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ABSTRACT

This annotated bibliography contains 327 citations from AGRICOLA, the U.S. Department of Agriculture database, dating from January 1979 through May 1990. The bibliography cites books, print materials, and audiovisual materials on the subject of nutrition education for grades preschool through six. Each citation contains complete bibliographic information, descriptors, and abstract. The search strategy for locating materials is printed in the introduction, as is information on authorized users and how to access the database. (JD)

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Nutrition Education Printed Materials and Audiovisuals: Grades Preschool-6

January 1979 - May 1990

Quick Bibliography Series: QB 90-81
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327 Citations from AGRICOLA

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Food &
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NUTRITION EDUCATION PRINTED MATERIALS AND AUDIOVISUALS: GRADES PRESCHOOL - 6TH

SEARCH STRATEGY

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S1 2803   NUTRITION()EDUCATION/TI,DE,ID
S2 1170   PRESCHOOL OR ELEMENTARY()GRADE? OR PRIMARY()GRADE?
S3   21   GRADE?()(ONE OR TWO OR THREE OR FOUR OR FIVE OR SIX)
S4  186   GRADE?()(1 OR 2 OR 3 OR 4 OR 5 OR 6)
S5  134   (FIRST OR SECOND OR THIRD OR FOURTH OR FIFTH OR
          SIXTH) (3W)GRADE?
S6  434   S1 AND (S2 OR S3 OR S4 OR S5)
S7  320   S6 NOT (COLLEGE OR ADULT OR MOTHER? OR ELDERLY OR
          SENIOR?)
S8  235   S7 NOT (AUDIOVISUAL? OR SLIDE? OR FILM? OR VIDEO? OR
          POSTER? OR MOTION?)
S9 1349   DT=INSTRUCTIONAL OR DT=KIT OR DT=MEDIA OR DT=MOTION OR
          DT=POSTER
S10  66   DT=OTHER ACCOMPANYING MATERI OR DT=RECORDING OR
          DT=SLIDE
S11  65   DT=TRANSPARENCY OR DT=VIDEO OR DT=VIDEOCASSETTE
S12 1214  DT=VIDEORECORDING OR DT-VIDEOTAPE OR DT=AV OR DT=CHART
          OR DT=FILMSTRIP
S13  25   DT=FLIP CHART OR DT=GAME
S14 2193  S9 OR S10 OR S11 OR S12 OR S13
S15 33663 SF=FNC (FOOD AND NUTRITION)
S16 1553  S14 AND SF=FNC
S17  92   S7 AND S16
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BOOKS AND PRINT MATERIALS

1 **NAL Call No: TX364.N53 F&N E-4033**
1980 Massachusetts assessment of nutrition knowledge/attitudes : technical report.
Massachusetts, Dept. of Education, Bureau of Nutrition Education and School Food Services.
Amherst, Mass. National Evaluation Systems, Inc; 1980.
vii, 138 p. ; 28 cm. NET funded.

Language: English

Descriptors: Reference materials; Needs assessment; Nutrition knowledge; Attitudes
Abstract: The results of the 1979-1980 assessment of nutrition knowledge and attitudes of students in grades 6 and 12 are given. Chapters 2 through 4 summarize the design and methodology of the Nutrition Assessment. Remaining chapters (5-7) present questionnaire and achievement results for both grade levels. Copies of test instruments and computer results appear in appendices. (js)

2 **NAL Call No: TX364.D38 F&N E-3991**
The ABC's of nutrition education : a learning system for 4-6, introduces the incredible bulk.
Davis, Susan; Watt, Susan; Bassler, Eunice
Manhattan, Kan. Dept. of Foods and Nutrition, Kansas State University; 1982.
1 v. (various pagings) : ill. ; 28 cm. NET funded. Food cards in pocket.

Language: English

Descriptors: Instructional materials; Teacher education; Classroom materials
Abstract: Lesson plan ideas and a teacher's self-instruction unit comprise a learning system for grades 4-6. The system is based on concepts concerning the benefits of fiber and nutrient density of foods in regard to nutrient requirements and food choices. Six units (fruit, vegetable, legumes and nuts, grains animal products, summary) suggest activities which may be integrated into current curriculum areas and conducted in groups of varying sizes as well as activities students can do at home. Student activity sheets are included. The teacher's self-instruction unit consists of separate units of study within subject areas. One or more summary paragraphs are followed by questions designed to reinforce information provided. (js)

3 **NAL Call No: 321.8 J82**
AHEA's volunteer nutrition consultant initiative: home economists helping Head Start.
Koblinsky, S.A.
Washington, D.C. : American Home Economics Association; 1986.
Journal of home economics v. 78 (2): p. 51-55. ill; 1986. Includes 6 references.

Language: English

Descriptors: Federal programs; Nutrition programs; Child nutrition; Nutrition education; Home economists
Abstract: A brief report illustrates how American Home Economics Association (AHEA) volunteers around the country are helping children and their parents involved in Head Start (HS) programs. Attention is focused on the involvement of AHEA volunteers in providing lessons to HS preschoolers, organizing a 10-week course for overweight HS parents, developing a 20-hour course to orien. home economists to nutrition services in HS programs, and in contributing a variety of nutrition services to HS centers. Information is included on the benefits of the volunteer approach and on how home economists can become involved.

4
All aboard for the snackmobile.
Duffy, Ellen; Sokira, Beverly
Denver, American School Food Service Association; Jan 1980.
School foodservice journal v. 34 (1): p. 58; Jan 1980.

Language: English

Descriptors: Nutrition education; Educational methods; Economics; Elementary school students; Snacks; Learning activities
Abstract: Fourth and fifth grade students of economics opened a business which provided practical application of economics and nutrition education. Students became stockholders in a snackmobile operating under school auspices and with cafeteria help. Business practices included inventories, advertising, financial sheets, total sales and bank deposits. Nutrition education determined the stock to be sold. The children received wages and stock dividends, and made a contribution to the school librar

5 **NAL Call No: TX364.C59 F&N C-2063**
An analysis of the relationships among selected teaching variables and cognitive growth in nutrition knowledge of elementary school children.
Cleaver, Vicki L.
Morgantown West Virginia University; 1978.
122 p. Bibliograpy: p. 78-84.

Language: English

Descriptors: West Virginia; School children (6-11 years); Nutrition education; Cognitive processes; Learning processes; Teaching skills; Teaching methods; Methodology; Nutrition knowledge
Abstract: Various methods were tested to determine whether selected teaching variables were related to cognitive growth among elementary school children. Nutrition education was chosen as the vehicle for testing this hypothesis; a random sample, consisting of 80 West Virginia elementary schools was chosen; 40 of these schools were used as a control. Grades 3 through 6 were the sample population. Findings indicated that tasting parties and cooking experiences were the most effective teaching methods and that the largest knowledge gains were in grades 3, 5 and 6.

6 NAL Call No: Z5776.N8M52 F&N E-3606
Annotated bibliography for students, parents, educators, administrators of preschool children in nutrition education.
Minneapolis Public Schools Special Education Service Center.
Minneapolis Minneapolis Public Schools; 1980.
16 leaves. (SPEAC for Nutrition).

Descriptors: Reference materials; Bibliographies; Nutrition education; Resource materials; Child development; Child care; Preschool education; Preschool children (2-5 years); Preschool curriculum
Abstract: Information compiled as the bibliographic component of the USDA Nutrition Demonstration Project is intended for use by anyone interested or involved in the development and nutrition of young children, including teachers, day care personnel, administrators, education students, food service personnel, and parents. The materials are presented in 8 categories, including early childhood development, curricula for preschool and day care, nutrition information, management and operation of child care food service, teaching and administration techniques, food and nutrition books for children, and newsletters. Annotations identify the type of material, level of application and the emphases of the various sources.

7 NAL Call No: 389.8 AM34
An Assessment of the nutrition education of students in grades 3 to 12.
Singleton, Nan; Rhoads, Dianne S.
Chicago, Ill. : The Association; Jan 1984.
Journal of the American Dietetic Association v. 84 (1): p. 59-63. ill., charts; Jan 1984. Includes 18 references.

Language: English

Descriptors: Nutrition education; Nutrition knowledge; Students; Information dissemination; Attitudes; Evaluation
Abstract: Extract: A survey of 3,309 students in grades 3 to 12 showed that the majority considered the formal study of nutrition to be important. Less than half reported studying nutrition during the 1980-81 school year. Home and television were named most frequently as informal sources of nutrition information. Scores on a test of selected nutrition concepts increased as students progressed in school, reported studying nutrition in school, and used a number of different sources and activities to learn about nutrition. (author)

8 NAL Call No: TX364.G695 F&N B-3326
Basic nutrition & nutrition education : a course in child care for vocational/technical schools.
Gordon, Ruth W.; Cantrell, Sallie
Atlanta, Ga. Georgia State University, Dept. of Community Health Nutrition; 1982.
vi, 379 p. : ill. ; 30 cm. NET funded. Loose-leaf.

Language: English

Descriptors: Instructional materials; Child care workers; Preschool children (2-5 years); Food habits; Nutrition information; Nutrient requirements; Nutrition education; Parent participation
Abstract: The 30 hour course is designed to be used in vocational or technical school child care curricula or may be adapted for use as a short course for community child care providers, workshops or short presentations. Divided into five units the course provides: information on basic principles of normal nutrition for preschoolers; factors influencing the preschooler's eating behavior and the role of the child care center in the formation of food habits; background information to be used as a basis for nutrition education programs and ideas for staff development of the parent involvement component. Each unit contains a course outline (content, background materials), suggested strategies (step-by-step description of activities), references and resources needed (handouts for duplication and transparencies included), additional hints to the instructor for effective teaching and class/group management. (js)

9 NAL Call No: TX945.S344
Basic skills: a delivery model for nutrition educa-

tion.
Dorsey, J.L.; Green, N.R.; Wuthrich, Z.A.
Denver, Colo. : American School Food Service Association; 1986.
School foodservice research review v. 10 (1): p. 14-17. charts; 1986. Includes 12 references.

Language: English

Descriptors: Nutrition education; Curriculum guides; Elementary education; Program development; Program evaluation
Abstract: Extract: A nutrition curriculum was developed to provide nutrition content and simultaneously teach or reinforce specifically identified basic skills in language arts, mathematics, science and social studies. A comprehensive scope and sequence of nutrition concepts to be taught at preschool through twelfth grade was initially developed. From it, priority concepts in nutrition were selected and model lessons constructed for kindergarten through middle school. Appropriate state minimum performance standards for basic skills were incorporated into each lesson. The program was field tested in three different school districts in the state with over 3,000 pupils. Lesson specific pre- and posttests were used to evaluate gains in student knowledge. The posttest mean score of the treatment group was significantly higher (p less than or equal to 0.001) than that of the comparison group at every grade level studied except kindergarten, indicating that implementation of the curriculum did have an impact on the students' knowledge of nutrition.(author)

10 NAL Call No: TX364.P565 F&N E-4173
Bilingual worksheets English/Spanish : grades 1-2.
San Jose Unified School District (San Jose, Calif.).
San Jose, Calif. San Jose Unified School District; 1979.
226 p. : ill. ; 28 cm. (Please pass the nutrition). NET funded. English on recto and Spanish on verso of each leaf. At head of title: SJNEP, San Jose Nutrition Education Project.

Language: English; Spanish

Descriptors: Instructional materials; Grade 1; Grade 2; Grade 3; Grade 4; Nutrition education; Worksheets; Bilingual education; Spanish (Language); Classroom materials; Educational games; Puzzles
Abstract: Black and white printed and illustrated worksheets with English on one side and Spanish on the other, are numbered to correlate with the Master Curriculum Guide of "Please Pass the Nutrition." Included are age-appropriate stories, puzzles, games and informative handouts. Answer keys are available in the back of each Master Curriculum Guide. (js)

11 NAL Call No: TX364.P566 F&N E-4172
Bilingual worksheets: English/Spanish : grades 3-4.
San Jose Unified School District (San Jose, Calif.).
San Jose, Calif. San Jose Unified School District; 1979.
264 p. : ill. ; 28 cm. (Please pass the nutrition). NET funded. At head of title: SJNEP, San Jose Nutrition Education Project.

Language: English; Spanish

Descriptors: Instructional materials; Grade 1; Grade 2; Grade 3; Grade 4; Nutrition education; Worksheets; Bilingual education; Spanish (Language); Classroom materials; Educational games; Puzzles
Abstract: Black and white printed and illustrated worksheets, with English on one side and Spanish on the other, are numbered to correlate with the Master Curriculum Guide of "Please Pass the Nutrition." Included are age-appropriate stories, puzzles, games and informative handouts. Answer keys are available in the back of each Master Curriculum Guide. (js)

12 NAL Call No: 389.8 SCH6
Calcium: the bare bones.
Little, I.
Denver, Colo. : American School Food Service Association; 1985 Mar.
School foodservice journal v. 39 (2): p. 104-105; 1985 Mar.

Language: English

Descriptors: Nutrition education; Calcium; Elementary education; Disease prevention; Osteoporosis; Mineral metabolism; Health promotion; Children; Child nutrition; Guidelines
Abstract: A lesson plan for grades 4-6 advances the concept that everyone needs calcium (Ca) every day, includes learning strategies and objectives, and describes why Ca is important to health. The plan highlights 2 components: (1) a question-answer class discussion on Ca nutrition and requirements, and its role in bone and teeth disease prevention; and (2) classroom activities which include a tasting party and/or construction of a collage or food source mobile featuring Ca. A listing

of Ca-rich foods is included.(wz)

13 NAL Call No: TX364.L7 1987
Camp calorie.
Lombard, Susan; Martz, Muriel; Morningstar, Barbara
Florida Nutrtion Education and Training Program
Tallahassee, Fla. : Florida Nutrition Education & Training Program, Florida Dept. of Education; 1987.
vii, 38, [28] leaves : ill. ; 30 cm. + 2 computer disks.
Previous ed: Florida nutrition education : a basic skills approach : intermediate level C. Subtitle on cover: Teacher guide : intermediate level C. Title of complete curriculum guide: A Guide to nutrition for the elementary teacher; Revised and updated version of: Florida nutrition education : a basic skills approach. Accompanied by: 2 5 1/4" computer disks for an Apple computer to be used by the students. NET funded.

Language: English

Descriptors: Nutrition--Study and teaching (Elementary); Calories; Elementary education; Computer assisted instruction
Abstract: This elementary nutrition education curriculum guide is intended to improve the instructional quality of nutrition education at the intermediate level, grade 6. Computer software for an interactive educational program to be used in an Apple computer by the students is included. This unit teaches the concept of calories: Students will learn about the caloric values of foods, how to maintain energy balance, and how to compute their own energy needs.

14 NAL Call No: RM214.D47
Can first graders understand food energy in fifteen minutes?
Thorson, B.K.; Girard, B.L.
Rockville, Md. : Aspen; 1987 Apr.
Directions in applied nutrition v. 1 (6): p. 3, 6; 1987 Apr. Includes 3 references.

Language: English

Descriptors: Nutrition education; School children; Nutrition knowledge; Program effectiveness
Abstract: A nutrition education program is described that was designed to increase nutrition knowledge and demonstrate acceptance of a variety of foods by students in grades K-3 that included 4 15-minute segments for each grade level, with each segment followed by a testing party and having a pretest and posttest. Dietitians and nurses were selected for the program development team. Only the kindergarten classes did not experience a significant gain in nutrition knowledge.(wz)

15 NAL Call No: TX360.N43C3 F&N E-3277
A Case history of nutrition planning in Papua New Guinea.
Lambert, Julian N.
New York Foundation for the Peoples of the South Pacific; 1979.
94 p.

Language: English

Descriptors: Papua New Guinea; Nutrition planning; Developing nations; Case studies; Malnutrition; Processed foods; Nutrition education; Infants (To 2 years); Preschool children (2-5 years); Food production; Food supply; Food imports; Protein Energy Malnutrition
Abstract: Program planning and problems for nutrition development are discussed. Quarterly reports, the Food and Nutrition Policy, and the results of a nutrition workshop and national survey are presented. The government of Papua, New Guinea is stressing nutrition planning; trying to limit food imports while increasing commercial and subsistence food production; and emphasizing nutrition education. Since malnourished children under five years suffer the most, they have received the greatest scrutiny from the country's nutritionists. Malnutrition is considered a major contributing factor in over half of hospital deaths of children five and under. Recent studies have shown decreases in malnutrition rates among young children from 1975 to 1978.

16 NAL Call No: TX364.H34 F&N E-3662
Child care nutrition education and training program : final report.
Harms, Thelma; Farthing, MaryAnn.&XNutrition education for children and staff in child care centers
Frank Porter Graham Child Development Center.
Chapel Hill University of North Carolina; 1980.
(226) p. ill. NET funded.

Descriptors: North Carolina; Nutrition education; Educational programs; Day care services; Program development; Material development; Needs assessment; Program evaluation; Outreach; Pilot projects; Reference materials
Abstract: Extract: The Child Care Nutrition Education Training Program was conducted in 1979-80 as part of the North Carolina Nutrition Education and Training State Program. The main purpose

was to develop an effective model for providing nutrition education and experiences to improve the food choices of young children and their caregivers. A comprehensive approach was used. Four groups were targeted: child care teachers, child care food preparation personnel, children, and parents. The various nutrition education services available in the state and the child care training programs were involved in designing a coordinated plan for increasing future nutrition work with child care personnel. Results include the findings of the statewide needs assessment and the pilot demonstration of nutrition education in 24 day care centers. Recommendations for extending nutrition education through planned use of all nutrition related agencies are included as part of the final report of the project. (AUTHOR)

17 NAL Call No: TX364.F763 F&N E-4039
Child center nutrition handbook.
Fraser, Jean; Farkas, Joyce; Stimmel, Deborah
Cleveland, Ohio Cleveland State University; 1980.
20 p. : ill. ; 28 cm. NET funded. Bibliography: p. 19-20.

Language: English

Descriptors: Instructional materials; Nutrition education; Preschool education; Learning activities; Educational games; Vegetables; Recipes
Abstract: The handbook integrates nutrition information into a total curriculum creating effective learning experiences for children ages 2 through 6. Activities organized to suit general development levels of children guide the preparation of inexpensive snack foods. Food activities for two year olds explore fruits and vegetables with all the senses through color, picture, texture, size and shape identification, and tasting. Activities, games, songs, and fingerplays, for 3-1/2 to 4-1/2 year olds focus on vegetables---categorizing, identifying, preparing and tasting. Activities for children 4-1/2 to 6 years emphasize a wide variety of foods and include tasting parties, recipe preparation, swimming pool gardens, puzzles, and games. Sample schedules for the two older groups illustrate integration of nutrition teaching into an entire day's activities. (js)

18 NAL Call No: jTX364.L4
Children, get a headstart on the road to good nutrition a nutrition education curriculum for preschool children in Head Start.
Lewis, Maryfrances; Byrd-Bredbenner, Carol; Bernstein, Joan
Washington, D.C.? : U.S. Department of Health and Human Services, Office of Human Development Services, Administration for Children, Youth and Families, Head Start Bureau; 1986.
1 v. (various pagings) : ill. ; 29 cm. "May 1986" -- Prelim. Developed as part of Contract. Includes bibliographical references.

Language: English

Descriptors: Nutrition--Study and teaching (Preschool); Children--Nutrition--Juvenile literature; School children--Food--Juvenile literature; Education, Preschool--Juvenile literature; Teaching materials; Curriculum guides; Preschool education; Nutrition; Learning activities; Lesson plans; Menus; Recipes
Abstract: A nutrition education curriculum for preschool children in Head Start, "Children, Get a Head Start on the Road to Good Nutrition," was designed to promote learning in three to five year olds with varying skills and abilities. The curriculum uses a multidisciplinary approach to nutrition by combining nutrition information with other subject matter areas (language arts, mathematics, physical development, food preparation, the arts, social studies, music). The curriculum is organized into nine units, titled 1) Food Makes Me Me, 2) Planning to Feed Me, 3) Clean Eating, 4) Variety Surrounds Me, 5) Food is Sens-ational, 6) Food Origins, 7) Body Building Basics, 8) Eating The Basic Ways, and 9) Special Occasion Foods. An introduction page in each unit identifies 1) the unit title, 2) student goals of the unit and a brief rationale for each, 3) a summary of background information and appropriate resource materials for the teacher, and 4) skills and knowledge children should be able to demonstrate after completing the unit. The first lesson in each unit introduces major unit concepts and provides a framework for the rest of the unit. Additional lessons reinforce and expand upon concepts presented in the first lesson, using a variety of teaching techniques (games, creative arts, food preparation, circle time activities. Lessons consist of the following components:; 1) name, 2) objectives, 3) required materials, 4) presentation directions, and 5) techniques for assessing children's learning. Special notes and recommendations are provided for planning and suspervising cooking experiences with Head Start children. References and source of nutrition education teaching aids are provided.

19 NAL Call No: 389.8 N957
Choose well, be well -- a nutrition education curriculum.

Mellinger, Amanda Dew
Chicago : National Dairy Council; Feb 1984.
Nutrition news v. 47 (1): p. 4; Feb 1984.

Language: English

Descriptors: Nutrition education; Preschool curriculum; Elementary school curriculum; Preschool children (2-5 years); School children (6-11 years); Diet improvement; Preventive nutrition; Nutrition programs
Abstract: Aspects of a comprehensive, interdisciplinary, nutrition education curriculum for preschool and K-12 children are discussed. The curriculum stresses 5 nutrition education topic areas: daily food choices are related to attaining optimum health; life-styles, peers, and family resources affect food choices; environmental factors and educational requirements influence choices in food, health, and nutrition careers; enhancement of consumer competencies can reduce deficiencies in individual and family nutritional needs and desires; and food quality and safety are influenced by handlers, processors, and preparers of food. Minimum proficiency levels have been developed for each of these 5 areas. The curriculum content and inservice training of teachers are briefly discussed. The curriculum is designed to integrate nutrition activities into existing class courses. During the 1983-84 school year, 232 California school districts and child-care agencies will have implemented the program (wz)

20 NAL Call No: TX364.P78
Como evitar coma esto, es bueno para ti panfleto para padres enterese de nutricion y actividades pre-escolares. [How to avoid eat it, it's good for you]
Pugliese, Madalaine K.; Shapiro, Gerilynn B.
Boston, Mass. : Simmons College, 1980?; 1980.
[9] leaves : ill. ; 28 cm. Funded by the Massachusetts Department of Education.

Language: Spanish

Descriptors: Nutrition--Study and teaching; Teaching materials; Parent education; Preschool education; Nutrition education; Learning activities
Abstract: A parent's handbook compliments concepts and activities in "Nutrition and All That Jazz." Rationale for early childhood nutrition education, nutrition and consumer product information, learning activities, snack suggestions, resource materials and recipes are included. Some activities are identical to those in the teacher's handbook.

21 NAL Call No: 389.8 AM34
Comparison of methods for plate waste determinations.
Kirks, Barbara A.; Wolff, Howard K.
Chicago, Ill. : The Association; 1985 Mar.
Journal of the American Dietetic Association v. 85 (3): p. 328. charts; 1985 Mar. Includes 18 references.

Language: English

Descriptors: Wastes; Food habits; Analytical methods; Nutrition education; School children; Food consumption; Feeding behavior
Abstract: Extract: Food behavior is frequently measured by plate waste. To identify a method that would most accurately reflect the success of a school nutrition education program in reducing lunchroom waste, two methods were compared. Plate waste was measured before and after curriculum implementation at six schools and included kindergarten through sixth grade students. Results indicated that actual weighing of the food is probably a more sensitive method than visual estimates for evaluation purposes. (Author)

22
A comparison of two approaches to nutrition education at the third grade level.
Tolin, Diana; Newell, Kathleen
Denver, American School Food Service Association; Winter 1979.
School foodservice research review v. 3 (1): p. 24-28. ill., charts, form; Winter 1979. 11 ref.

Language: English

Descriptors: Nutrition knowledge; Nutrition education; Plate waste; School children (6-11 years); Teaching methods; Learning activities; Basic Four; Nutrient values
Abstract: Extract: The influence of nutrition instruction on nutrition knowledge was determined by pre-, post-, and retention tests given to an experimental and a control group at two schools. Plate waste in the school lunchroom was measured. Students instructed on the five nutrients had higher mean scores on the posttest, retention test, and the mean change in test scores from pre- and post- test and pre- to retention test than those instructed on the four food groups. It was impossible to determine how instruction changed eating behavior. Learning activities are outlined.

23 NAL Call No: TX364.C61 F&N B-3327
A Competency-based team approach to nutrition

education for school food service personnel, health educators and elementary classroom teachers, grades 1-5 : adapted from the five-state nutrition education project.
Florida, Dept. of Education.
Tallahassee, Fla. Florida Dept. of Education; 1975.
1 v. (various pagings.) ; 30 cm. NET funded. Cover title: Team approach to nutrition and health education.

Language: English

Descriptors: Instructional materials; Teacher education; Food service training; Workshops
Abstract: A set of plans provides background information and activities for a five day workshop for school food service personnel, health educators and elementary classroom teachers. Major emphases of the workshop are: development of a team approach to nutrition education; interpersonal skills; instructional skills; nutrition content material; and instructional approach. Daily agendas are outlined and provide background information and activities. Two days' activities are devoted to interpersonal skills, one day to instructional skills and the final two days to development of "back home action plans." Nutritional content units are self-paced study units intended as a basic resource of information and ideas. Nutrition content topics include: 1) nutrients and their sources, 2) characteristics of normal growth and development of children, 3) relationship between nutrition and personal health, and 4) food selections to meet nutritional needs. (js)

24 **NAL Call No: TX364.C62**
Comprehensive health education nutrition, intermediate (4-6).
Chipley, Fla. : Panhandle Area Educational Cooperative, [1976?]; 1976.
1 v. (various pagings) : ill., forms ; 29 cm. Cover title. Includes bibliographical references.

Language: English

Descriptors: Florida; Health education (Elementary); Nutrition--Study and teaching (Elementary); School children--Food; Children--Nutrition--Study and teaching (Elementary); Teaching materials; Activity books; Elementary education; Nutrition education; Food groups; Nutrition physiology; Nutrients
Abstract: Developed in a Developmental Workshop held at the Panhandle Area Educational Cooperative in Florida, this compiled volume of health packets was designed for grades 4-6. The basic food groups, the story of digestion, understanding essential nutrients, psychological aspects of nutrition, and concepts of growth are some of the topics presented in various ways. Objectives, concepts and activities, formats for each packet, are conveyed by drawings, poems, discussion outlines, tests, charts, and other creative methods. Food composition tables, a nutrition IQ and references are also included.

25 **NAL Call No: TX341.J6**
A Computer-assisted nutrition education unit for grades 4-6.
Hills, Alvina M.; JNUEB
Oakland : Society for Nutrition Education; March 1983.
Journal of nutrition education v. 15 (1): p. 19; March 1983.

Language: English

Descriptors: Elementary grades; Computer applications; Food groups; Food guides
Abstract: A computer-assisted nutrition education unit for children in grades 4-6 was developed to help them: identify the 4 food groups outlined in Canada's Food Guide; place specific foods into their correct food groups; and identify foods that don't belong to the 4 food groups. The unit has 3 parts: Part 1 introduces each of the 4 food groups; part 2 gives specific examples of foods; and part 3 presents the student with an 18-item food quiz. A 10-15 minute session is required to complete the program. (kbc)

26 **NAL Call No: TX364.C66**
Connecticut nutrition curriculum, grades 1-6.
Connecticut Nutrition Education and Training Program, United States, Food and Nutrition Service
Storrs, Conn. : Connecticut State Board of Education : University of Connecticut; 1984.
1 v. (loose-leaf) : ill. ; 30 cm. Funding from the United States Department of Agriculture Food and Nutrition Service, Nutrition Education and Training Program. Includes bibliographies.

Language: English

Descriptors: Nutrition--Study and teaching (Elementary)--Connecticut; Teaching materials; Elementary education; Curriculum guides; Nutrients; School lunches; Snacks; Learning activities; Nutrition education; Net program
Abstract: A complete nutrition education curricu-

lum that uses a nutrient approach to teach elementary students was developed by the Connecticut Nutrition Education and Training Program. The curriculum consists of two series of lessons designed and adapted for three educational levels: grades 1 and 2, grades 3 and 4, and grades 5 and 6. Each series of lessons uses a team of cartoon characters to introduce basic nutrition concepts and explain the role that individual nutrients play in good health. Series I examines the functions and sources of calcium, vitamin A, and vitamin C; it also introduces the components of school lunch. Series II discusses the function and sources of iron, protein, and energy; it also addresses breakfast and snacking issues. Classroom learning activities (games, puzzles, tasting parties, puppets, stories, discussions) reinforce newly introduced concepts. Factsheets provide teachers with information about each nutrient. In addition, the guide includes suggestions for specific instructional objectives, lesson plan development and content, and learning activities and materials. Testing instruments, and instructions on how to administer and evaluate them, are provided for all threee educational levels. (aje)

27 NAL Call No: 321.8 C162
Construction and evaluation of lesson-units on cereals and cereal products prepared for pupils of primary grades.
Fabi, Ginette Gagnon; Deveau, Jeannine; Blais, Mariette
Ottawa, Canadian Home Economics Association; Spring 1981.
Canadian home economics journal; Revue canadienne d'economie familiale v. 31 (2): p. 89-91. ill., charts; Spring 1981. 17 ref.

Descriptors: Nutrition education; Grade 3; Curriculum evaluation; Grain products; Grains; Food processing; Program effectiveness
Abstract: Pre- and post-tests of Canadian third grade students were done to evaluate the effectiveness of nutrition education concerning cereals and cereal products. The tests focused on the students' abilities to identify cereal plants, to understand the manufacturing process from grain to product, and to identify complex cereal foods. Average score before the 3 nutrition lessons was 6.1 out of 19; average score after the lessons was 11.3. These results show a positive response on the part of the students to learning nutrition facts.

28 NAL Call No: TX661.C6 F&N AV
Cook to learn.
Harms, Thelma
Chapel Hill, N.C. Graham Child Dev. Cen; 1978.
103 slides : col. ; 2x2 in. & cassett (2-track, 15 min.) & script.

Language: English

Descriptors: Cooking methods; Cooking techniques; Nutrition education; Learning activities; Learning experience; Early childhood education; Program planning; Program coordination; Teaching methods; Instructional materials
Abstract: The program provides guidelines for using cooking as an educational experience at home, in day care, and in school settings. Single portion, picture-word recipe cards are used and may be adapted according to children's learning abilities. Planning is essential to making the activity an educational experience and organization is needed to have the activity run smoothly. Instructions suggest: 1) choosing recipes that promote interdisciplinary learning; 2) coordinating the activity level to children's ability level; 3) providing time and space, equipment, ingredients, utensils, as well as capable volunteers and tested recipes; and 4) modifying picture-word guide cards to give appropriate directions. Cooking experiences develop skills in reading, math, and language, provide nutrition education, and promote independence.

29 NAL Call No: TX364.S76 F&N B-3197
Creative nutrition education : an integrated approach : a recommended guide for Oklahoma elementary level.
Stewart, Mary Jo; Hankins, Louise; Tressler, Joan
Oklahoma, State Dept. of Education.
Oklahoma Oklahoma State Dept. of Education; 1981.
427 p. in various pagings : ill., music, ; 30 cm. NET funded. "A project of Oklahoma State Department of Education, School Lunch Section, Nutrition Education & Training Program. Loose-leaf. Bibliography: p. L7, L13.

Language: English

Descriptors: Instructional materials; Elementary grades; Integrated curriculum; Nutrition education

Abstract: The concepts of the Oklahoma nutrition education curriculum guide are based on those developed by the 1969 White House Conference on Food, Nutrition and Health. The scope section lists nutrition education activities designed to fulfull these concepts in 5 areas of interest: kindergarten through grade 3, and reading/language arts/art, science/math, social studies and health for grades 4-6. Each area contains specific objectives, activities and resources for each concept. Other sections provide background nutrition information, games, plays, songs, classroom food experiences, patterns, snack and party ideas, creative cafeteria suggestions, and learning center plans. The resource section lists audiovisuals, print resources, and sources of other nutrition information. (js)

30 NAL Call No: TX364.C78 F&N E-4115
A Cross discipline approach to nutrition education : grade 3 teacher's handbook.
Rochester Public Schools (Rochester, Minn.)
St. Paul, Minn. Minnesota Dept. of Education (1980?); 1980.
75 leaves : ill. ; 28 cm. NET funded.

Language: English

Descriptors: Instructional materials; Grade 3; Nutrition education; Integrated curriculum; Energy; Snacks; Breakfast; Meal composite analysis
Abstract: Classroom activities for grade 3 integrate nutrition education into science, health and language arts. (Texts for grades 4 and 5 were not completed due to lack of funds). Computer software, available from the publisher is optional for the third grade materials. Third grade nutrition topics include energy, food functions in the body, snack and (especially) breakfast planning, food intake analysis and food research. Brief lesson plan directions, listed by curriculum area within a day's lesson, vocabulary lists, student handout and worksheet masters are included. Portions of Dairy Council's "Food, Your Choice" materials are included in instructional framework.

31 NAL Call No: TX364.C781 F&N E-4116
A Cross discipline approach to nutrition education : grade 6 teacher's handbook.
Rochester Public Schools (Rochester, Minn.)
St. Paul, Minn. Minnesota Dept. of Education (1980?); 1980.
125 leaves : ill. ; 28 cm. NET funded.

Language: English

Descriptors: Instructional materials; Grade 6; Nutrition education; Integrated curriculum; Energy snacks; Breakfast; Meal composite analysis
Abstract: Classroom activities for grade 6 integrate nutrition education into science, health and language arts. (Texts for grades 4 and 5 were not completed due to lack of funds). Computer software, available from the publisher is integral to the sixth grade units. Sixth grade topics cover energy balance, the Basic four, meal planning, snack selection and Basic Four food groups, meal planning, snack selection and meal composite analysis. Brief lesson plan directions, listed by curriculum area within a day's lesson, vocabulary lists, student handouts and worksheet masters are included. Portions of Dairy Council's "Food, Your Choice" materials are included in instructional framework. (js)

32 NAL Call No: TX364.P767 F&N B-3494
Curriculum guide, an integrated interdisciplinary approach for health, nutrition education, physical education, mental health, drug education, economics, safety.
Caswell County Schools (N.C.).Project TEEN
Yanceyville, N.C. : Caswell County Schools, Food Service Division; 1981.
186 p. in various pagings ; 29 cm. NET funded. Developed to fulfill objective 1.1 Project TEEN. Includes bibliographies.

Language: English

Descriptors: Nutrition education; Health education; Mental health; Drugs; Socioeconomic status; Safety; Teaching materials; Elementary education; Secondary education
Abstract: A multi-grade curriculum guide provides an inter-disciplinary approach to health and nutrition education, physical education, mental heath, drug education, economics, and safety for school children from kindergarten through senior high school. The guide includes key concepts for each of 4 grade groups (kindergarten through grade 3; grades 4-6; grades 7-8; grades 9-12), and incorporates mathematics, science, language arts, and social studies. Various process skills (e.g.: for observing, classifying, computing, communicating, measuring, predicting, inferring, and interpreting have been included to expose students in each grade group to a variety of thinking and learning experiences. Teachers can select topical teaching strategies from the appropriate levels to meet the needs of individuals in the class. A listing of appropriate kits, games, cookbooks, Time-Life Series books, curriculum guides (and other teacher resource materials), texts, and audiovisual materials, is appended. (wz)

33 NAL Call No: TX364.P563 F&N B-3460
Curriculum guide for grades 1-2.
San Jose Unified School District (San Jose, Calif.).
San Jose, Calif. San Jose Unified School District;

1981.
228 leaves : ill. ; 28 cm. + 5 posters (46 x 36 cm.). (Please pass the nutrition). NET funded. At head of title: SJNEP, San Jose Nutrition Education Project.

Language: English

Descriptors: Instructional materials; Grade 1; Grade 2; Nutrition education; Curriculum guides; Learning activities; Integrated curriculum; Basic nutrition facts; Food habits; Food selection; Consumer education; Plant sources of foods
Abstract: Classroom activities in 4 units integrate student life experiences with major classroom subject areas. Unit I, "Nutrition Smart, Food Wise" contains 51 lessons which encourage the child to identify his/her own feelings about food and examine cultural, social and emotional attitudes toward food. The 18 lessons in "Type A Everyday" (Unit II), encourage consumption of healthful balanced meals at home and at school. Unit III recognizes "Kids As Consumers" with 12 lessons covering consumer practices, food processing and storage, advertising, and label reading. "Plants in the Making", Unit IV, provides 13 activities focusing on plant sources of food. Each activity is based on a lesson objective, lists time and materials required, provides teacher information and instructional aids (worksheets, handouts). Many lessons offer opportunities for food tasting and cooking. (js)

34 NAL Call No: TX364.N393 F&N B-3200
A curriculum guide for nutrition education with pre-school children.
Naworski, Priscilla
Vallejo, Calif. Vallejo Unified School District (1979?); 1979.
274 p. : ill. ; 30 cm. (Good nutrition is for everybody). NET funded. "Vallejo School District Dissemination Project. Cover title: Preschool nutrition curriculum guide. Loose-leaf. Bibliography: p. 270-274.

Language: English

Descriptors: Instructional materials; Preschool education; Lesson plans; Nutrition education; Learning activities; Food habits
Abstract: A curriculum guide for children 2 to 5 years old contains teaching units similar to preschool themes: self concept, homes and families, animals, plants, community helpers, multi-cultural experiences and kindergarten readiness. The lesson plans are based on 5 California Health Instruction Framework topics (food choices, factors influencing choices, food related careers, consumer competencies and food handling). Each lesson plan has an objective stated in terms of learner performance, generalizations about the nutrition implications of the lesson, procedure (including a list of materials needed, related reinforcement activities and an evaluation question or technique). Supplemental materials include black and white posters (which may be purchased), a booklet of songs, fingerplays and stories, and a resource list of commercially available materials. (js)

35 NAL Call No: TX364.P562 F&N B-3342
Curriculum guide for pre-school-kindergarten.
San Jose Unified School District (San Jose, Calif.)
San Jose, Calif. San Jose Unified School District; 1981.
231 p. : ill. ; 28 cm. + 3 posters (46 x 36 cm.). (Please pass the nutrition). NET funded. At head of title: SJNEP, San Jose Nutrition Education Project

Language: English

Descriptors: Instructional materials; Preschool education; Kindergarten; Nutrition education; Curriculum guides; Learning activities; Integrated curriculum; Basic nutrition facts; Food habits; Food selection
Abstract: Lesson plans within the integrated curriculum guide employ teacher and parent participation to teach basic facts and principles of nutrition, development of positive attitudes about food, and use of healthful dietary patterns. The curriculum consists of 3 units of classroom activities. "Nutrition Smart, Food Wise" is the first unit of 26 lessons which introduce the digestive system and the biological need for food. The lessons in unit II stress the importance of consuming a healthy breakfast and lunch either at home or at school. "Farm Fun", unit III (10 lessons), focuses on plant and animal sources of foods and the roles of farmer, store keeper and family members in the availability of foods. Many lessons offer opportunities for taste testing and cooking projects. Each activity is based on the lesson objective and lists materials and time required, teacher information and instructional aids (worksheets, handouts, etc.). (js)

36 NAL Call No: TX364.P564 F&N B-3459
Curriculum guides for grades 3-4.
San Jose Unified School District (San Jose, Calif.)
San Jose, Calif. San Jose Unified School District;

1981.
xi, 278 leaves : ill. ; 29 cm. (Please pass the nutrition). NET funded. At head of title: SJNEP, San Jose Nutrition Education Project.

Language: English

Descriptors: Instructional materials; Grade 3; Grade 4; Nutrition education; Curriculum guides; Learning activities; Integrated curriculum; Basic nutrition facts; Food habits; Food selection; Consumer education; Plant sources of foods
Abstract: Classroom activities, divided into 4 integrated curriculum units, encourage nutrition study throughout the year to help children improve their food habits. Unit I, "Nutrition Smart, Food Wise" contains 70 lessons designed to encourage the child to identify his/her feelings and examine cultural, social and emotional attitudes toward food. The 13 lessons in "Type A Everyday", Unit II, allow children to learn about and practice planning balanced breakfasts and lunches. Unit III recognizes "Kids As Consumers" and provides 17 lessons covering advertising influences, label reading and identifying unnecessary highly processed foods. "Plants in the Making", Unit IV, provides 8 activities focusing on plant sources of food. Each activity is based on a lesson objective, lists time and materials required, provides teacher information and instructional aides (worksheets, handouts). Many lessons offer opportunities for food tasting and cooking projects. (js)

37 NAL Call No: TX364.N77875 F&N E-4182
Curriculum materials designed for school nurses.
Minnesota, Dept. of Education.
St. Paul, Minn. Minnesota State Dept. of Education 1981?; 1981.
70 leaves : ill. ; 30 cm. (Nutrition education, an integrated approach). NET funded. Bibliography: leaf 70.

Language: English

Descriptors: Instructional materials; Grade 3; Grade 4; Grade 5; Grade 6; Nutrition education; Nurses; Exercise (Physiology); Food habits; Weight control; Sugar
Abstract: A 12 lesson program for grades 3-6 emphasizes the contribution of proper nutrition and regular exercise to overall good health. Included are lessons focusing on snacks, factors influencing food choices, exercise, weight control and sugar limitation. Lesson plans, based on stated learner outcomes, provide teaching information, procedures for conducting activities, and list materials need. Multiple information and activity sheets are included. (js)

38 NAL Call No: HV854.F62 F&N E-3617
Day care - nutrition.
Foster, Florence P.
Ottawa Dept. of National Health and Welfare (1975?); 1975.
38 leaves. Includes bibliographic notes. In English and French.

Descriptors: Canada; Reference materials; Day care programs; Nutrition education; Nutritional status; Nutrient requirements; Preschool programs; Preschool children (2-5 years); Mentally handicapped; Recipes; Orthomolecular medicine; Food habits
Abstract: Aspects of nutrition relevant to preschool children and education are presented for day care personnel and teachers in a series of short bilingual (French-English) papers on Canadian day care facilities. Several papers focus on preschoolers' nutritional needs and status, the development of eating habits, nutrition education for preschool and trainable mentally retarded kindergarten students, and the interrelationships of nutrition programs, intellectual development, and learning experiences. Specifically included are: food preparation as a method of improving skills and concept understanding; recipes to serve 24 children; nutrition learning activities; suggestions for books to enhance nutrition knowledge; and food allergies, mental disorders, and the dangers of megavitamin therapy.

39 NAL Call No: aHV696.F6F6
Developing a state plan: Three state coordinators share their experiences.
Bowman, Eunice Wilson; Serrano, Tino
FNS
Washington, USDA, Food and Nutrition Service; Dec 1979.
Food & nutrition v. 9 (6): p. 12-14; Dec 1979.

Language: English

Descriptors: Michigan; Wisconsin; California; Workshops; Nutrition education; Community support; Children; Child nutrition programs; Inservice programs; Nutrition Education and Training Program
Abstract: Michigan's NET coordinator asked local people what should be included in the state Nutrition Education and Training program. Final goals included testing approaches and gathering information on specific needs. An evaluation workshop

decided that programs should include activities for parents and children and professional development activities for school personnel--including those not involved directly with food service, family day care homes, and child care institutions. Wisconsin's NET program used existing agencies to structure a state plan which includes a nutrition education specialist for each of 6 NET regions in the state. "Awareness workshops" are a major factor in the Wisconsin program and are required for school districts receiving NET funds. The program draws heavily on community agencies and educational institutions and receives dissemination aid from a variety of local organizations and community services. California has had a number of nutrition education programs, but the NET concept provides a link to national programs. Twenty-eight projects will serve as model projects for other schools and centers in California.

40 NAL Call No: TX364.B74 F&N C-2091
The development and evaluation of a nutrient density based nutrition education program for elementary schools.
Brown, Guendoline
Logan Utah State University; 1977.
158 l. Thesis - Utah State University. Bibliography: leaves 76-78.

Descriptors: Nutrition education; Diet patterns; Reference materials; Behavioral objectives; Nutrition knowledge; Educational programs; Educational innovation; Elementary education; School children (6-11 years); Kindergarten; Food attitudes; Nutrient density; Program evaluation; Behavior change
Abstract: A behavioral-objective based nutrition education program for kindergarten through the sixth grade is described and evaluated. Test results indicate that students at all grade levels mastered objectives concerning nutrient density-related concepts; younger students demonstrated significant increases in acceptance of some high nutrient density foods. Teachers responded to the program with enthusiasm. Approximately 52% of the parents reported changes in the nutritional interests of their children.

41 NAL Call No: TX364.L66 1987
Digestion journey.
Lombard, Susan; Martz, Muriel; Morningstar, Barbara
Florida Nutrition Education and Training Program
Tallahassee, Fla. : Florida Nutrition Education & Training Program, Florida Dept. of Education; 1987.
vi, 21, [22] leaves : ill. ; 30 cm. + 3 computer disks. Previous ed: Florida nutrition education : a basic skills approach: intermediate level A. Subtitle on cover: Teacher guide : intermediate level A. Title of complete curriculum guide: A Guide to nutrition for the elementary teacher; Revised and updated version of: Florida nutrition education : a basic skills approach. Accompanied by: 3 5 1/4" computer disks for an Apple computer to be used by the students. NET funded.

Language: English

Descriptors: Nutrition--Study and teaching (Elementary); Digestive system; Elementary education; Computer assisted instruction
Abstract: This elementary nutrition education curriculum guide is intended to improve the instructional quality of nutrition education at the intermediate level, grades 3-5. Computer software for an interactive educational program to be used in an Apple computer by the students is included. This unit teaches the digestive process.

42
Direct nutrition intervention and the control of diarrheal diseases in preschool children.
Wray, Joe D.
Los Angeles, American Society for Clinical Nutrition; Nov 1978.
American journal of clinical nutrition v. 31 (11): p. 2073-2082. ill; Nov 1978. 11 ref.

Language: English

Descriptors: Colombia; Nutritional intervention; Preschool children (2-5 years); Diarrhea; Malnutrition; Developing nations; Morbidity rate; Nutrition education
Abstract: The reduction in frequency of diarrheal disease in malnourished preschool children was an unanticipated result of a nutrition intervention program in Candelaria, Colombia. The setting in which the intervention was carried out, earlier attempts to deal with malnutrition there, and results of a nutrition survey of the entire preschool child population are described. The strong and repeated emphasis given to food hygiene was a factor in reduction of diarrheal frequency. Improved nutrition is the most effective and feasible intervention available now.

43 NAL Call No: TX364.B42 F&N B-2528
The Doofus stories.
Bernick, Deborah; Bershad, Carol

Newton, MA. Newton Public Schools Foundation; 1978.
1 v. (various pagings) : ill. Includes Teacher's guide and resource manual, Student worksheets, and 8 Doofus says posters. Includes bibliography.

Language: English

Descriptors: School children (6-11 years); Nutrition education; Nutrient sources; Learning activities; Food habits; Food groups; Plant sources of foods; Educational games; Nutrient functions; Exercise (Physiology)
Abstract: Doofus is a funny bird who arrives by mistake in a school yard and finds he can't take off again. The second graders discover he has not eaten recently, and while they are sharing lunch, find that he knows nothing about nutrition. They teach him all about the nutrients his body needs, the sources of those nutrients and how his body uses them for energy and health maintenance. They visit the vegetable garden, the orchard, the farm and the supermaket. They teach him how to exercise, and send him off to his winter home healthy and happy. The stories are coordinated with a variety of learning activities, including games, menu planning and cooking, and a diary for self analysis of health, eating habits and exercise patterns.

44 NAL Call No: TX364.P47 1979 F&N E-3585
Eclipse of the blue moon foods, a guide to teaching food education.
Pettit, Nance; Weiss, Ellen
Nashville, Tenn. Cooperative Food Education Project; 1979.
(153) p. : ill. Includes student workbook. Bibliography: p. 111-114.

Descriptors: Instructional materials; Teaching guides; Activity books; Grade 5; Grade 6; Nutrition education; Foods instruction; Diet improvement; Food selection; Food groups
Abstract: A food education curriculum encourages 5th and 6th graders to improve their diets by "eclipsing" poor food choices ("Blue Moon Foods") such as soft drinks, candy and snacks high in sugar, fat and salt with "Foundation Foods" including fruits and vegetables, whole grains, legumes, lean meats and dairy products. Today's children are exposed to so many processed and prepared foods that they often cannot identify fresh foods high in nutritive value. Therefore, instead of taking an academic approach to food groups and nutrients, children must become actively involved in exploring foods using all of their senses. In this way, youngsters will develop responsibility for their own food habits. The curriculum reflects USDA-HEW Dietary Guidelines and presents practical skills for food preparation, menu planning, gardening, label reading and energy saving. Activities are creative and fun and may be incorporated into other school disciplines.

45 NAL Call No: TX364.N781 1980 F&N E-4079
Educacion en nutricion y administracion de servicio de comidas : una guia para personal de centros de cuidado de ninos : volumen II. [Nutrition education and food service management.]
Morris, Vivian D.
Upper Montclair, N.J. Centro de Destrezas para la Vida, Departamento de Economia del Hogar, Universidad Estatal Montclair; 1980.
vii, 206 p. : ill. ; 28 cm. NET funded. Also available in English: Nutrition education and food service management (TX364.N78 F&N B-3292). Includes bibliographies.

Language: Spanish; English

Descriptors: Instructional materials; Child care workers; Food service training; Nutrition education; Basic nutrition facts; Vegetarianism; Disadavantaged youth; Food habits; Learning activities; Food service management; Sanitation; Cost control; Seasonal menus; Recipes
Abstract: The guide is designed to be used by all day care staff, foodservice personnel and parents as a resorce for planning an effective nutrition education program and as an orientation training guide and reference tool for new staff members. The Basic Nutrition section covers basic nutrition facts, vegetarianism, nutritional needs of pregnancy, lactation, infancy and preschool years, nutrition-related health problems, and Black American and Hispanic food patterns. The second section describes food-related learning activities with some additional emphasis on needs of low income minority children and cultural enrichment through food-related activities. The food service section outlines the organization and management of a day care foodservice and provides information on food sanitation and safety procedures, menu planning, food purchasing, and cost control. The seasonal cycle menu section provides 15 day cycles, cultural menus and and quantity recipes. Extensive bibliographies are provided in the first 3 sections. (js)

46 NAL Call No: LB3473.A1S3 F&N

Educational opportunities through nutrition education in day care.
Juhas, Loretta
Denver : American School Food Service Association; Spring 1983.
School foodservice research review v. 7 (1): p. 42-45; Spring 1983. Includes 10 references.

Language: English

Descriptors: Day care programs; Nutrition education; Educational programs; Integrated curriculum; Learning activities; Food service; Meal planning; Inservice programs; Inservice education
Abstract: Extract: San Francisco's Children's Centers Division integrates its nutrition service into the school curriculum and realizes a fuller educational result. Examples are given of how nutrition education complements the regular curriculum. Nutritionists are employed to plan and direct the food and nutrition education program with meal time offering another opportunity for learning. Foodservice is planned with nutrition education as a primary objective. Well balanced meals with a variety of food are served family-style, with the teacher participating in the lunchtime program. Regular inservice training for teachers and food preparation staff are part of the program, as is a program for encouraging and stimulating the involvement of parents. In order to make this project possible, the school administrator must provide a framework within which the nutritionist can work toward the objectives of nutrition education. Finally, a close working relationship between the nutritionist, the foodservice staff, and the teachers is required. (author)

47 NAL Call No: TX364.S65 F&N C-2093
The effect of nutrition education and parent education programs on third grade students.
Smith, Helen Marie
Lafayette, IN. Purdue University; 1977.
171 l. Thesis - Purdue University. Bibliography: leaves 129-132.

Descriptors: Nutrition education; Reference materials; Curriculum evaluation; Program effectiveness; Nutrition knowledge; Parent education; Teacher education; Teaching skills; Elementary school curriculum; School children (6-11 years); Program evaluation
Abstract: The influence of nutrition and parent education programs on the comprehension and application of nutrition knowledge by third grade students is studied. Mean nutrition test scores improved in all groups. However, the experimental groups demonstrated greater acceptance of vegetables and participation in the school lunch program than the controls. Recommendations for nutrition education include incorporating such instruction into elementary schools and teacher training.

48 NAL Call No: TX341.J6
Effects of a nutrition program on knowledge of preschool children.
Gorelick, M.C.; Clark, E.A.
Oakland, Calif. : Society for Nutrition Education; 1985 Aug.
Journal of nutrition education v. 17 (3): p. 88-92. charts; 1985 Aug. Includes 17 references.

Language: English

Descriptors: Nutrition education; Preschool education; Program evaluation
Abstract: An early childhood nutrition education program was developed and trial-tested at the California State University preschool laboratory to determine the impact of nutrition knowledge on preschool children. The nutrition education program was later field-tested at 20 off-campus classrooms. The nutrition education lesson plan was classified as: growing and preparing food, developing cognitive skills, encouraging creative expression, and preparing nutritious snacks. Evaluation of the program included a pre- and post-test of the children's knowledge of nutrition. The children showed significant improvement in knowledge of food and nutrition. These results support the theory that preschool nutrition education can be effective.(mp)

49
Effects of nutrition education on nutrition knowledge, vegetable acceptability, and plate waste.
Shovic, Anne M.; Jennings, Gladys
Denver, American School Food Service Association; Winter 1979.
School foodservice research review v. 3 (1): p. 21-23. charts; Winter 1979. 16 ref.

Language: English

Descriptors: Nutrition education; Nutrition knowledge; Food acceptability; Plate waste; Vegetables; School lunch; School children (6-11 years); Consumption patterns
Abstract: Extract: Five classes of fourth graders participated in a five-week nutrition education program. Pertinent data were collected immediately before and after the program by means of a nutri-

tion knowledge test, a food acceptance questionnaire, and actual measurement of vegetable waste. Vegetable waste only was measured again, six weeks later. As a result of the nutrition education program, nutritional knowledge and positive response to the vegetable acceptance questionnaire increased. Change in the amount of vegetable waste in the school lunches, however, did not occur.

50

Effects of nutrition programs on third grade students.

Smith, Helen M.; Justice, Catherine L.

Berkeley, Society for Nutrition Education; Apr/June 1979.

Journal of nutrition education v. 11 (2): p. 92-95. charts; Apr/June 1979. 26 ref.

Language: English

Descriptors: Nutrition education; School children (6-11 years); Parent education; Parental influence; Tests; Nutrition knowledge; Food acceptability; School lunch programs; Vegetables; Teachers

Abstract: A research study to measure the effectiveness of a nutrition program for third grade students and a parent program on nutrition and school lunch was conducted in an urban school system. The student program, called "More Vegetables, Please," consisted of 8 lessons with activities and audiovisual presentations, while the parent program consisted of a lunch at school and a series of letters on children's food needs, health, and food habits, and encouragement of support for the school lunch program. The student program was evaluated by a nutrition knowledge pre- and post-test, a vegetable preference rating scale, and a lunch questionnaire. The vegetable preference scale showed significant change for lettuce only. No significant improvement was shown in the mean test scores on the cognitive nutrition test. Trends toward better acceptance of vegetables and increased participation school lunch programs were observed. Parent responses were favorable to both parent and student programs.

51 NAL Call No: QA76.8.A662E4 1981

Elementary Volume 13 Minnesota Educational Computing Consortium.

Minnesota Educational Computing Consortium

St. Paul, Minn. : MECC; 1981.

1 computer disk ; 5 1/4 in. + user's manual. Title from title screen. Disk.

Language: N/A

Descriptors: Nutrition--Computer programs; Food--Caloric count--Computer programs; Computer software; Nutrition education; Diet analysis; Elementary education

Abstract: Computer software can be used as a learning tool to help students in fifth and sixth grades increase their understanding of basic nutritional concepts. The first module, "Caloric Bank," contains animated graphics as an introduction. Bar graphs use the RDA's to compare the nutrient levels of the two food choices for 5 different nutrients. In the second module, "Nutrients," users need to precode foods eaten for one day from a food list of 142 foods found in the manual. Bar graphs are presented for 8 nutrients and calories. Functions and food sources for the nutrients listed are provided. "Calories," the third module, makes a comparison between the number of calories consumed in one day to the number of calories expended. The user selects exercises from a list of 144 activities. The manual contains additional student activities to supplement concepts taught by the program.

52 NAL Call No: TX733.E48 F&N E-4209

Energize at sunrise : a nutrition education unit.

Kellogg's.

Battle Creek, Mich. Kellogg's; 1977.

8, 4 p., (18) leaves of plates : ill. ; 28 cm. + 1 col. poster. Cover title. Includes 18 spirit masters.

Language: English

Descriptors: Instructional materials; Elementary grades; Nutrition education; Nutrients; Breakfast; Child nutrition programs; Diet improvement; Basic Four

Abstract: A nutrition education program is presented for students in grades 1-6 to assist them in: identifying the 4 food groups, explaining the importance of nutrition to good health, describing the make-up and importance of a good breakfast, and understanding the 6 kinds of nutrients (carbohydrates, proteins, fats, water, vitamins, minerals). Included in the program kit are spirit duplicating masters (for non-readers, for grades 1-3, 4-6, and 1-6), a 4-color transparency illustrating the 4 basic food groups, and a teacher's guide with numerous optional nutrition-related activities. The program is based on the importance of a good breakfast in the daily diet; the implicit theme is that a child expresses his or her choices and attitudes concerning food, and then compares these preferences with sound nutritional patterns. (wz)

53 NAL Call No: 389.8 AM34

Establishing the need for nutrition education: I. Methodology.

Vaden, Allene G.; JADAA; Newell, G. Kathleen; Dayton, Arthur D.; Foley, Cynthia S.

Chicago : The Association; Oct 1983.

Journal of the American Dietetic Association v. 83 (4): p. 441-446. charts; Oct 1983. Includes 33 references.

Language: English

Descriptors: Needs assessment; Nutrition education; Nutrition knowledge; Methodology; Attitudes; School food service; School personnel; Diet information; Elementary school students

Abstract: Extract: Methodology for a comprehensive needs assessment project to provide baseline data for planning a statewide nutrition education and training program is described. The project had three major phases: developmental, data collection, and data analysis and interpretation. The first two are summarized. Data on nutrition education, attitudes, and dietary and nutrition education practices were collected from school food service personnel and elementary teachers, using standard survey methods. Procedures for on-site visits to 97 randomly selected schools to collect test, anthropometric, and dietary data from more than 3,000 fifth grade students are described. (authors)

54 NAL Call No: TX945.S344

Evaluating nutrient-based nutrition education by nutrition knowledge and school lunch plate waste.

Green, N.R.; Munroe, S.G.

Denver, Colo. : American School Food Service Association; 1987.

School foodservice research review v. 11 (2): p. 112-115. charts; 1987. Includes 15 references.

Language: English

Descriptors: Nutrition education; Plate waste; School lunches; Nutrition knowledge; Behavior modification; Program evaluation

Abstract: Extract: The purpose of this research was to design a nutrient-based education program for third grade students stressing ascorbic acid, iron, and vitamin A and to evaluate the program by assessing nutrition knowledge and consumption of school lunch. An observational technique was developed to evaluate plate waste and measure dietary change. Participants in this study were 123 third grade students. Newman Keuls' analysis of post-test scores showed a significant difference (P less than 0.01) between treatment and control groups. In the treatment group there was a 22 percent improvement in consumption of iron sources and an 18 percent improvement in consumption of vitamin A sources offered at school lunch. Overall, treatment group consumption of ascorbic acid improved by 4 percent, but results were inconsistent among classes. After a three-week period, consumption data were collected for two weeks and all target nutrients showed a regression in consumption of target nutrients, suggesting an ongoing program was needed to maintain the improvement of the treatment. It was concluded that the nutrient-based education program for vitamin A, ascorbic acid, and iron was effective for improving nutritional knowledge and consumption of target nutrients at the third grade level.(author)

55 NAL Call No: TX341.J6

Evaluation of implementation methods using a nutrition-fitness curriculum in fifth and sixth grades.

Tinsley, A.M.; Houtkooper, L.B.; Engle, M.; Gibbs, J.C.

Oakland, Calif. : Society for Nutrition Education; 1985 Aug.

Journal of nutrition education v. 17 (3): p. 100-104; 1985 Aug. Includes 13 references.

Language: English

Descriptors: Nutrition education; Fitness; Evaluation; Methodology; Training; Elementary education; Children

Abstract: A team based, integrated nutrition-fitness program was implemented for 903 fifth and sixth grade students from 50 classes including both urban and rural. There were 3 curriculum-implementation treatment groups (control group, orientation treatment group, and consultant treatment group); each was given both pre- and post-tests to determine nutrition-fitness knowledge. Orientation treatment group teachers received only a 1 hour curriculum orientation, while the consultant treatment group teachers received 3 hours of nutrition-fitness workshop and 12 hours of monthly nutritional consultation. For the sixth grade students, the consultant treatment group showed the greatest improvement in nutrition-fitness knowledge. For the fifth grade students there were no statistically significant changes. Teacher and program evaluations by parents and administrators were very good.(mp)

56 NAL Call No: TX364.M67 F&N E-4022

An Evaluation of Minnesota's Nutrition Educa-

tion and Training Program, P.L. 95-166, fiscal year 1981.
Morehouse, Diane L.
Minnesota, Dept. of Education, Office of Evaluation.
St. Paul, Minn. Evaluation Section, Division of Special Services, State of Minnesota, Dept. of Education; 1981.
iii, 68 p. ; 28 cm. NET funded.

Language: English

Descriptors: Instructional materials; Program evaluation; Nutrition Education and Training Program; Participation
Abstract: The report provides documentation of effort and program participation including statewide and regional summaries of findings related to: awareness and promotional activities (designed to make educators aware of the NET program); training and technical assistance programs (promoting inclusion of nutrition education into curricula); and presentations/workshops/inservice (emphasizing knowledge gathering positive behavior and attitude changes of classroom and day care center staffs). Needs for continuing education as identified by program participants' responses by statewide and regional level are tabulated and discussed. Conclusions summarize the information available indicating the need for: a more useful evaluation strategy, greater awareness of nutrition information among educators, continuing evaluation of technical assistance efforts, and determination of the extent of actual implementation of NET materials and nutrition instruction in Minnesota. (js)

57 NAL Call No: TX341.J6
Evaluation of Texas' child-care-oriented nutrition education and training program.
Roberts-Gray, C.; Sparkman, A.F.; Simmons, L.F.; Buller, A.C.; Engquist, K.
Baltimore, Md. : Williams & Wilkins; 1989 Feb.
Journal of nutrition education v. 21 (1): p. 16-25. charts; 1989 Feb. Includes 34 references.

Language: English

Descriptors: Texas--frespa; Nutrition education; Day care; Teacher training; Workshops (programs); Behavior change; Menu planning; Nutrition knowledge; Program evaluation; Net program
Abstract: Five studies were conducted to evaluate changes in child nutrition related knowledge, attitudes, and behavior of child care personnel participating in Texas' Nutrition Education and Training (NET) Program. Pre- and post-testing showed that brief (4-8 hour) workshops were consistently effective in promoting positive changes in knowledge and in reinforcing positive attitudes of teachers and food service personnel in licensed child care centers. Mailed surveys and surveillance of user feedback demonstrated that nutrition teaching aids (e.g., posters, curriculum guides) and food service management materials (e.g., handbooks, cookbooks) distributed to child care centers and made available through NET's lending library collection were used at rates that were acceptable but less than ideal. Data from questionnaires completed by the directors of child care centers whose staff had participated in NET workshops (n = 17) and a comparison group of centers (n = 16) indicated that nutrition instruction in preschool classrooms was closer to ideal in the workshop group. Involving food service personnel in learning activities for the children was a relative strength of nutrition education in the workshop group. Problems diagnosed in day-care center menus (i.e., deficiencies in food energy, iron, and variety of fruit) persisted 6 and 12 weeks after the staff participated in a menu planning workshop. The same pattern of menu strengths and weaknesses was observed in a comparison group (n = 20) as in the workshop group (n = 20). When the results of all five studies were combined, the majority of statistically evaluated outcomes were significantly positive and none were negative. Because the program had a greater impact on knowledge and attitudes than on behavior, it was concluded that, in addition to continued support for the NET program, there is a need for expanding the model on which the program is based.

58 NAL Call No: TX364.S2132 F&N E-3912
An evaluation of the Georgia Nutrition Education and Training Program.
St. Pierre, Robert G.; Glotzer, Judith A.
United States, Food and Nutrition Service, Office of Policy, Planning, and Evaluation.
Washington, D.C. Office of Policy, Planning, Program Evaluation Report, Food and Nutrition Service, U.S. Dept. of Agriculture; 1981.
iv, 79 leaves ; 28 cm. The research reported herein was performed persuant to Contract no. 53-3198-9-38 with the U.S. Department of Agriculture, Food and Nutrition Service, Office of Policy, Planning and Evaluation. Bibliography: leaf 79.

Language: English

Descriptors: Georgia; Reference materials; Nutrition Education and Training Program; Evaluation criteria; Evaluation methods; Program evaluation; Nutrition knowledge; Food habits; Food attitudes; Measurement instruments
Abstract: The evaluation contains an overview of national NET, a description of Georgia's NET, a description of the evaluation methodology, and an analysis of results; the instruments used to obtain the information are included. Georgia was one of the states selected to provide Congress, OMB, federal oversight agencies, and advocacy groups with a comprehensive assessment of their NET program's impact. Findings indicated that Georgia's NET program was in line with national evaluation of in-school nutrition education programs for a decentralized structure. This was attributed to a standardized training session for staff of all participating schools (grades 1-8). While the program was not able to consistently measure effects on food attitudes and food habits, it was able to convey knowledge consistently. (kbc)

59 NAL Call No: TX945.S344
Evaluation of the impact of a food-based nutrition education curriculum on nutrition knowledge, food attitudes, and food practices of kindergarten through sixth grade students.
Nance, E.B.; Alford, B.B.
Denver, Colo. : American School Food Service Association; 1987.
School foodservice research review v. 11 (2): p. 107-111. charts; 1987. Literature review. Includes 50 references.

Language: English

Descriptors: Nutrition education; Elementary schools; Nutrition knowledge; Food habits; Program effectiveness
Abstract: Extract: A food-based sequential nutrition education curriculum, using the school food service program as a laboratory for teaching nutrition education, was implemented in six elementary schools of the Irving and Arlington, Texas, Independent School Districts. A sample of 1,671 students participated. The purposes of this study were to determine: (a) the students' gain in nutrition and food knowledge, food attitudes, and food practices; (b) differences in responses between boys and girls; and (c) attitudes and recommendations from school personnel regarding appropriateness and utilization of the teaching materials provided. The curriculum was designed to fit into an ongoing elementary school curriculum and formulated on identified nutrition competency and learner objectives. This will help students to develop skills that will enable them to make wise food decisions throughout their lives. Appropriately developed pretests were given. After three months implementation of 75 percent of the full school year curriculum by the classroom teachers and food service managers, post-tests were administered. Results showed elementary students can experience statistically significant gains in nutrition and food knowledge, food attitudes, and food practices when classroom teachers and food service employees cooperate and coordinate nutrition education efforts.(author)

60 NAL Call No: TX364.S215 F&N B-3269
An evaluation of the Nutrition Education and Training Program : Nebraska's experience nutrition curriculum.
St. Pierre, Robert G.; Glotzer, Judith A.
United States, Food and Nutrition Service, Office of Policy, Planning, and Evaluation.
Washington, D.C. Office of Policy, Planning, Program Evaluation Report, Food and Nutrition Service, U.S. Dept. of Agriculture; 1981.
v, 254 leaves ; 28 cm. The research reported herein was performed persuant to Contract no. 53-3198-9-38 with the U.S. Department of Agriculture, Food and Nutrition Service, Office of Policy, Planning and Evaluation. Bibliography: leaves 253-254.

Language: English

Descriptors: Nebraska; Reference materials; Nutrition Education and Training Program; Evaluation criteria; Evaluation methods; Program evaluation; Curriculum evaluation; Nutrition knowledge; Food habits; Food attitudes
Abstract: The evaluation contains an overview of the national NET, description of Nebraska's NET curriculum and its evaluation and analysis, the instruments used, follow-up study on a sub-sample of children, and a special food consumption study. Nebraska was selected to provide Congress, OMB, federal oversight agencies, and advocacy groups with a comprehensive assessment of their Nutrition Education and Training (NET) Program's impact because sufficient implementation had occurred to evaluate the effects on students, teachers, and food service workers. Findings indicated that: teacher preparation usually took more time than expected; cooperation between teachers and food service personnel was not as good as anticipated; and the curriculum materials had mixed effects. Nutrition knowledge did increase for grades 1-3 and 4-6;

food attitudes were not altered. Food preference for vegetables increased for students in grades 1-3; this was not so for grades 4-6. Food habits, plate waste, and the cost of the curriculum Experience Nutrition are discussed along with bias within the study. (kbc)

61 NAL Call No: TX364.S212 F&N E-3914
An evaluation of the Nutrition Education and Training Program : project summary.
St. Pierre, Robert G.; United States; Food and Nutrition Service; Office of Policy, Planning, and Evaluation
Washington, D.C. Office of Policy, Planning, Program Evaluation Report, Food and Nutrition Service, U.S. Dept. of Agriculture; 1981.
viii, 66 leaves ; 28 cm. The research reported herein was performed persuant to Contract no. 53-3198-9-38 with the U.S. Department of Agriculture, Food and Nutrition Service, Office of Policy, Planning and Evaluation. Bibliography: leaves 65-66.

Language: English

Descriptors: Reference materials; Nutrition Education and Training Program; Program evaluation; Program effectiveness; Nutrition knowledge; Food habits; Food attitudes
Abstract: A summary of a 2-year study describes the operation of the Nutrition Education and Training (NET) Program nationally and assesses the program's impact in several states, specifically Georgia (GA) and Nebraska (NE). The major question asked in the study was "Are these effective NET program services for improving the nutrition knowledge, attitudes, and behavior of students?" Some 3,700 elementary school students in GA and NE were tested. Both programs demonstrated unequivocal positive effects on student nutrition knowledge, with the greatest improvement seen in grades 1-3. Effects on nutritional attitudes were mixed; little behavior change concerning plate waste was seen. NET activities, generally, vary from state to state. States' efforts are doing well with minimal federal directions and regulations. (kbc)

62 NAL Call No: TX364.N47 F&N E-3433
Evaluation of the title IV C learning for life program.
Adair, James
Newton, Mass Public Schools Dept. of Research and Planning.
Newton, MA. Newton Public Schools; 1979.
144 l. : ill. Original title non-distinctive.

Language: English

Descriptors: Massachusetts; Curriculum evaluation; Nutrition education; Grade 2; Nutrition knowledge; Physical fitness; Food attitudes; Educational objectives; Program effectiveness
Abstract: A second grade curriculum integrating concepts in nutrition and physical fitness was implemented and evaluated in 7 Massachusetts elementary schools, using Title IV C funds. Pretest, posttest and post-posttest comparison of experimental and control students demonstrated significant differences in knowledge and attitudes between groups; thus, objectives in the Learning for Life program were successfully achieved and gains were maintained 6 months after program completion. No significant differences in physical fitness, as measured by a running test, were observed. Attitude changes which might have been reflected in food behaviors--the snacks children brought to school--could not be assessed by this study. Appendices contain test questions and answers, test score statistics, parent questionnaires and snack and follow-up surveys.

63 NAL Call No: TX364.E88 F&N E-4053
Evaluation report of the Nutrition Education and Training Program in North Carolina : Pre-K through grade six.
North Carolina, Division of Child Nutrition.
Raleigh, N.C. Division of Research and Child Nutrition, North Carolina Dept. of Public Instruction; 1980.
vii, 164 p. ; 28 cm. NET funded.

Language: English

Descriptors: Reference materials; Professional education; Program evaluation; Nutrition knowledge; Attitudes
Abstract: The report provides analysis and evaluation of nutrition attitudes and nutrition knowledge of all target groups (teachers, supervisors, food managers, students, child care consultants and non-public representatives), the student plate waste study, and in-service activities for teachers and managers between October 1978 and May 1980. Also included is a status report of curriculum materials, teaching aids and other program activities, a summary of the North Carolina NET program, conclusions and recommendations for improving the program. (js)

64 NAL Call No: TX364.H68 F&N C-2060

An experimental study to determine the effectiveness of behaviorally stated nutrition education objectives.
Hoops, Donald L.
Carbondale Southern Illinois University; 1975.
207 l. : ill. Thesis--Southern Illinois University. Bibliography: leaves 101-104.

Language: English

Descriptors: Nutrition education; Behavioral objectives; Educational objectives; Curriculum evaluation; Grade 4; Grade 5; Public schools
Abstract: Recent educational practice has begun to emphasize the use of behavioral objectives to provide significant gains in learning. The National Dairy Council's "Big Ideas in Nutrition Education" was chosen to test this theory. The literature search focused on the effect of behavioral objectives on learning per se, on types of learning involved, and on learner characteristics. Systematic instruction in nutrition of 602 4th and 5th graders using various techniques involving behavioral objectives were matched in 2 groups plus a control group which received no nutrition training or nutrition education materials. Study results indicated that use of behavioral objectives in nutrition education provides no significant differences in learning and retention. A fairly extensive bibliography on behavioral objectives in learning is included.

65 NAL Call No: TX364.E96 F&N E-3987
Exploring foods workbook.
Maryland, Dept. of Health and Mental Hygiene.
Baltimore, Md. Maryland Dept. of Health and Mental Hygiene; 1981.
63 p. : ill. ; 28 cm. NET funded.

Language: English

Descriptors: Instructional materials; Preschool education; Nutrition education; Food knowledge; Learning activities
Abstract: Learning activities for children age 2-5 involve all five senses in the exploration of 22 different foods divided into 8 sections: underground vegetables, stem vegetables, leaf vegetables, flowers, seed vegetables, fruits, milk and dairy products, and eggs. Activities are designed to teach children the names of specific foods, their sources and how to recognize them in various forms. Each secton lists different foods which can be used in the activity, interesting facts about the foods and suggested ways to introduce the children to them.

66
Family day care comes to Lewiston.
Jensen, Catherine Tim
FNS
Washington, USDA, Food and Nutrition Service; Feb 1980.
Food Nutr v. 10 (1): p. 18-23. ill; Feb 1980.

Language: English

Descriptors: Maine; Child care; Child Care Food Program; Nutrition education; Children; Rural areas; Low income groups; Child nutrition programs
Abstract: Day care is becoming a necessity in rural areas. A family day care network, sponsored by the Lewiston-based Catholic Diocese of Maine, was organized in 1974. It provides care for 187 children--2/3 of whom qualify for USDA reduced price or free meals--in 37 homes. Visibility, licensing, and distance were all major factors in setting up the network. The Diocese, a Child Care Food Program sponsor, reimburses the homes for each breakfast, lunch, supper, or snack served. Homes must be spons

67 NAL Call No: TX364.B87 F&N B-4325
Family day care nutrition education modules.
Bush, Judith; McDevitt, Ellen; Marple, Sylvia H.; Dawson, Hannelore
University of New Hampshire, School for Lifelong Learning
Durham, N.H. : School for Lifelong Learning, Thompson School of Applied Science, University System of N.H.; 1979.
1 v. (various pagings) ; 28 cm. NET funded.

Language: English

Descriptors: Nutrition education; Child feeding; Meal patterns; Food preferences; Shopping; Meals; Snacks; Day care; Cooking; Recipes; Teaching materials
Abstract: The basics of good nutrition, menu planning, food preparation techniques, shopping and budgeting tips, and recipes are a few components of this nutrition module for day care providers. The patterns used for planning day care meals and snacks is outlined, specifying the amounts of different types of foods needed for children of various ages. Suggestions are provided for tailoring meals and snacks to children's likes and needs and for increasing children's involvement in planning and preparing foods. Beginning food preparation activities, safety rules, and planning strategies are discussed. Recipes are included for soups, main dishes, meat alternates, dips, and "dippers". Addi-

tional topics discussed are health foods, "natural" foods, food additives, and meat alternates. Informative charts and tables are included on topics such as 1) the sugar content of selected foods, 2) uses of common food additives, 3) recipe ingredient substitutions, and 4) shopping alternatives to supermarkets. A list of additional resources is included. (aj)

68 NAL Call No: TX341.J6
Family-oriented nutrition education and preschool obesity.
Venters, Maurine; Mulls, Rebecca
Oakland, Calif. : Society for Nutrition Education; 1984 Dec.
Journal of nutrition education v. 16 (4): p. 159-161; 1984 Dec. Includes 26 references.

Language: English

Descriptors: Obesity; Stress; Family integration; Family life; Parent child relationships; Preschool children; Childhood
Abstract: This review explores the implications of inter-disciplinary findings to identify family practices and behavior that contribute to preschool obesity, and suggests effective control strategies that can guide family-oriented nutrition education and counseling efforts. Family values, beliefs and modes of interaction are partial determinants of family life style. Awareness of these dimensions of family life promotes a more accurate assessment of factors which influence preschool obesity, and may facilitate the implementation of effective solutions. Also needed by the nutritionist is an awareness and understanding of family interaction patterns, the role of food in handling stress and frustration, the ways families approach problem solving, and the activity and exercise patterns of the family. Awareness of variation in these aspects of family living permits the educator to identify pathological behavior which may be managed best by referral to other community agencies. (emc)

69 NAL Call No: TX341.J6
Field testing a fifth-grade nutrition education program designed to change food-selection behavior.
Howison, D.; Niedermyer, F.; Shortridge, R.
Philadelphia, Pa. : George F. Stickley Company; 1988 Apr.
Journal of nutrition education v. 20 (2): p. 82-86. charts; 1988 Apr. Includes 6 references.

Language: English

Descriptors: Nutrition education; School children; Nutrition knowledge; Food habits; Behavior modification; Program effectiveness
Abstract: A study assessed the effectiveness of a materials-based, teacher-adminstered nutrition education program for improving food selection behavior and nutrition knowledge in 5th-grade children attending school in California, Oregon, and Britsh Columbia. The results indicated that the program gave substantial improvement both in student food choices and nutrition knowledge in all 3 regions, as judged by improvements in post-test scores. A 6-8 week follow-up revealed that the improvement in food choices was maintained.

70 NAL Call No: TX364.F54 F&N E-4121
Flannelboard stories, puppet stories.
Rowland Unified School District (Rowland Heights, Calif.).
Rowland Heights, Calif. Rowland Unified School District (1981?); 1981.
60 leaves : ill. ; 28 cm. Cover title. NET funded.

Language: English

Descriptors: Instructional materials; Preschool education; Nutrition education; Puppets
Abstract: Scripts and simple black and white patterns for flannelboard or puppet stories cover the following topics: mealtime manners, dental health, the farmer, the food truck driver, the storekeeper, family members and food, food customs, balanced diet, and healthy snacks. Discussion questions are included at the end of some stories. (js)

71 NAL Call No: aHV696.F6F6
Florida asks home extension economists to help.
Schuler, Brenda
Washington : USDA, Food and Nutrition Service; 1981 Dec.
Food & nutrition v. 11 (6): p.7.; 1981 Dec.

Language: English

Descriptors: Florida; Nutrition education; Home economists; Day care centers; Child day care; Extension; Training; Children; Teaching methods; Guidelines
Abstract: The staff of the state Nutrition Education and Training Program of Florida contacted the University of Florida to train 10 home economists as extension agents, using a special training package developed specifically for this project by the University. The extension home economists, in turn, trained child care personnel. In this manner, nutrition training is being provided to many of Florida's 4000 child care centers. The success of

this project has led to a current situation in which 121 additional extension home economists and child care professionals are being trained in the same manner. (wz)

72 NAL Call No: TX364.F554 F&N E-3980
Florida nutrition education : a basic skills approach : intermediate level A.
Estep, Rebecca M.; Dorsey, Jodee L.
Florida, Dept. of Education.
Tallahassee, Fla. Florida Dept. of Education; 1981. 1 v. (various pagings) : ill. ; 28 cm. + 1 test booklet (7 leaves). NET funded. Cover title. Grade level 4. Includes nutrition test booklet.

Language: English

Descriptors: Instructional materials; Primary grades; Nutrition education; Integrated curriculum; Digestive system; Digestion and absorption; Gastrointestinal disorders
Abstract: A set of 5 lessons/activities, designed to teach nutrition while reinforcing reading and writing skills of fourth grade students, focuses on digestion--the process, organs involved, nutrient absorption and common health problems related to the digestive tract. Each lesson is based on selected nutrition concepts, states the purpose and/or expected student outcomes and includes pertinent background information, a list of materials and resources needed and a step-by-step description of how to conduct each activity. A 30-question multiple choice nutrition posttest is included for cognitive evaluation. (js)

73 NAL Call No: TX364.F555 F&N E-3952
Florida nutrition education : a basic skills approach: intermediate level B.
Harrington, Deborah O.; Hemphill, Susan B.; Dorsey, Jodee L.
Florida, Dept. of Education.
Tallahassee, Fla. Florida Dept. of Education; 1981. 1 v. (various pagings) : ill. ; 28 cm. + 1 test booklet (8 leaves). NET funded. Cover title. Grade level 5. Includes nutrition test booklet.

Language: English

Descriptors: Instructional materials; Grade 5; Nutrition education; Integrated curriculum; Nutrient requirements; Vitamin A; Vitamin D; Minerals; Iron; Nutritional labeling; Junk food
Abstract: A set of 8 lessons/activities, designed to teach nutrition while reinforcing basic skills (primarily reading, but also math and writing) of children in grade 5 focuses on nutrient needs, vitamin A, vitamin D, minerals, iron, nutritional labeling and "junk foods." Each lesson is based on selected nutrition concepts, states the purpose and/or expected student outcomes and includes pertinent background information, a list of materials and resources needed, and a step-by-step description of how to conduct each activity. A 34 question multiple choice nutrition test for cognitive learning evaluation is provided. (js)

74 NAL Call No: TX364.F556 F&N E-3954
Florida nutrition education : a basic skills approach: intermediate level C.
Timberlake, Amanda M.; Davinroy, Janet L.; Dorsey, Jodee L.
Florida, Dept. of Education.
Tallahassee, Fla. Florida Dept. of Education; 1981. 1 v. (various pagings) : ill. ; 28 cm. + 1 test booklet (9 leaves). NET funded. Cover title. Grade level 6. Includes nutrition test booklet.

Language: English

Descriptors: Instructional materials; Grade 6; Integrated curriculum; Nutrition education; Energy balance; Caloric values; Energy requirements; Body image
Abstract: The curriculum is part of a sequential series based on the content identified in the Florida Nutrition Content Framework and Minimum Students Performance Standards for basic skills. Nine activities are designed to teach nutrition while reinforcing basic skill subject areas (reading, math) of 6th grade students. Nutrition concept topic areas include energy balance, calorie content of foods, calorie needs, and body image. Each activity provides pertinent background information, student handouts and worksheets, a list of materials and resources needed, and step-by-step description of how to conduct the session. A 40 question multiple choice nutrition posttest is included for cognitive evaluation. (js)

75 NAL Call No: TX364.F551 F&N E-3953
Florida nutrition education : a basic skills approach: primary level A.
Estep, Rebecca M.; Dorsey, Jodee L.
Florida, Dept. of Education.
Tallahassee, Fla. Florida Dept. of Education; 1981. 1 v. (various pagings) : ill. ; 28 cm. + 1 test booklet (9 leaves). NET funded. Cover title. Grade level 1. Includes nutrition test booklet.

Language: English

Descriptors: Instructional materials; Grade 1;

Nutrition education; Integrated curriculum; Nutrient sources; Nutrient functions; Ascorbic acid; Food classification; Animal sources of food; Plant sources of foods

Abstract: A set of 6 activities is designed to teach nutrition while reinforcing reading and math for children in Grade 1. Topic areas include vitamin C (sources, functions and food preparation), and identification and classification of plant and animal sources of food. Each lesson is based on a selected nutrition concept, states a purpose and/or expected student outcome, provides brief background material for the teacher, a list of materials and resources needed and a step-by-step description of how to conduct each activity. A 25-item nutrition (picture) test is included. (js)

76 NAL Call No: TX364.F553 F&N E-3957
Florida nutrition education : a basic skills approach: primary level C.
Harrington, Deborah O.; Hemphill, Susan B.; Dorsey, Jodee L.
Florida, Dept. of Education.
Tallahassee, Fla. Florida Dept. of Education; 1981.
1 v. (various pagings) : ill. ; 28 cm. + 1 test booklet (6 leaves). NET funded. Cover title. Grade level 3. Includes nutrition test booklet.

Language: English

Descriptors: Instructional materials; Grade 3; Nutrition education; Integrated curriculum; Reading skills; Writing; Mathematics; Nutrient requirements; Energy requirements; Nutrient functions; Nutrient sources; Food spoilage; Food habits

Abstract: A set of ten activities is designed to teach nutrition while reinforcing basic skills in reading, writing, and math. Nutrition topics include: energy yielding nutrients, energy requirements, nutrient functions and sources, food spoilage, and eating behaviors. Each lesson is based on a selected nutrition concept, states a purpose and/or expected student outcome, provides brief background materials for the teacher, and a list of materials and resources needed, and gives step-by-step descriptions of how to conduct each activity. Student handout/worksheet masters and answer keys are included. A 29 question multiple choice test is provided for cognitive evaluation of students. (js)

77 NAL Call No: TX364.F552 F&N E-3956
Florida nutrition education: a basic skills approach: primary level B.
Hemphill, Susan B.; Harrington, Deborah O.; Dorsey, Jodee L.; Florida; Dept. of Education
Tallahassee, Fla. Florida Dept. of Education; 1981.
1 v. (various pagings) : ill. ; 28 cm. + 1 test booklet (5 leaves). NET funded. Cover title. Grade level 2. Includes nutrition test booklet.

Language: English

Descriptors: Instructional materials; Grade 2; Nutrition education; Integrated curriculum; Reading skills; Writing; Nutrient sources; Nutrient functions; Calcium; Ascorbic acid; Basic Four; Snacks; Food handling; Food preparation, home; Food purchasing

Abstract: A set of eight activities is designed to teach nutrition while reinforcing reading and writing skills for second grade children. Nutrition topics include sources and functions of calcium and vitamin C, Basic Four food groups, nutritious snacks, food handling, preparation and purchasing. Each lesson is based on a selected nutrition concept; states a purpose and/or expected student outcome; and provides brief backgound material for the teacher, a list of materials and resources needed and a step-by-step description of how to conduct each activity. Student handout/worksheet masters are included. A 24 question multiple choice nutrition test is provided for cognitive evaluation. (js)

78 NAL Call No: TX345.W62 F&N B-2837
Food and nutrition education and training: An introduction to the theme.
Aylward, Francis
Oxford : Oxford University Press, 1980; 1980.
World nutrition and nutrition education / edited by H. M. Sinclair and G. R. Howat. p. 71-80; 1980. 1 ref.

Descriptors: Nutrition education; Teacher education; Educational development; Educational planning; Teachers colleges; Training

Abstract: What should be taught in nutrition education, and what educational structures are available for teaching are important considerations for educators. Nutrition must be linked to the human, economic, and social sciences, especially in developing countries. Since food and nutrition studies cover a very broad area, both formal and nonformal sectors of the educational system should be utilized to teach nutrition education. To achieve effective food and nutrition education in preschool, primary, and secondary school systems, educational centers at the tertiary level (colleges, universities, and other institutions) must be expanded to teachers and specialists in nutrition. Trained professionals would then be available for teaching in formal education systems, in extension education, in public health, and in the food industries.

79 NAL Call No: TX364.F594 F&N E-4104
Food and nutrition in the classroom : a guide for planning preschool nutrition education activities.
Olympia, Wash. State of Washington, Dept. of Social and Health Sciences, Health Sciences Division, Licensing and Development Section (1980?); 1980.
9 (i.e. 18) p. ; 28 cm. NET funded. Bibliography: p. (17-18).

Language: English

Descriptors: Instructional materials; Preschool education; Nutrition education; Lesson plans; Learning activities; Food habits; Cultural factors
Abstract: A planning guide includes criteria for choosing and planning nutrition education activities, a nutrition activity planning sheet which allows space for description of objectives, ingredients, and equipment needed, tasks (pre- and during activity) and questions for evaluation. Hints for organizing a successful cooking experience include those which streamline procedures and those which maximize the students' learning. Six lesson plans are offered which teach nutrition and increase children's interest in food without food preparation. Two additional lesson plans help children explore cultural food patterns and traditions. A reference list is included. (js)

80 NAL Call No: Graphic no.103 F&N
Food follies presented by Quality Child Care Inc. in cooperation with USDA Child Care Food Program.
Quality Child Care, Inc, Child Care Food Program (U.S.).
United States? : Quality Child Care, [19--?]; 1900-1987.
9 flash cards : col. ; 14 x 22 cm.

Language: English

Descriptors: Cookery--Juvenile literature; Cookery--Study and teaching (Preschool); Nutrition--Study and teaching (Preschool); Teaching materials; Preschool education; Nutrition education; Learning activities
Abstract: Developed in accordance with the USDA Child Care Food Program requirements, this collection of food activitis conveys to the child that kitchens are really workshops. Each card is structured in the format of ingredients, directions, purpose, and ages/stages. The activites are divided between recipes that involved actual food preparation and those that convey food-related concepts. It is intended that the combined enthusiasm of teacher/curious students will create an environment of confidence and accomplishment.

81 NAL Call No: TX364.W424 F&N E-3268
Food fun for teaching nutrition : a kit for teaching nutrition-grades K-3.
White, Fran
Baton Rouge Louisiana State Dept. of Education; 1976.
115 p. : ill. Bibliography: p. 112-115.

Language: English

Descriptors: School children (6-11 years); Preschool children (2-5 years); Lesson plans; Recipes; Food habits; Nutrition education; Diet improvement; Learning activities; Elementary school curriculum
Abstract: Teaching elementary school children basic nutrition and its relationship to health usually has long-term effects, since it influences life-time eating habits. The Louisiana Department of Education has designed this curriculum guide to make learning about nutrition interesting and educational. Lesson plans, games, stories, and recipes are designed to teach nutrition concepts (e.g., name 4 of the 5 components of a Type A lunch) and build an on-going concern with good nutrition.

82 NAL Call No: TX652.2.M3
Food is special.
Mahnke, Charlene; Nichols, Pat; Hartman, Margo Koehler
Scottsbluff, Neb. : Resources for Children, Youth and Families; 1983.
viii, 78 p. : ill. ; 28 cm. Includes index. Bibliography: p. 75.

Language: English

Descriptors: Cookery--Study and teaching (Preschool); Nutrition--Study and teaching (Preschool); Nutrition--Study and teaching; Reference works; Learning experiences; Food preparation; Nutrition education; Children; Parent participation; Recipes
Abstract: Various food experiences for parents and children to try at home are presented in this resource book. Experiences were designed to help children develop a positive attitude about food and to teach basic nutrition concepts. Food experiences were tested by the Head Start and Child and Fam-

ily Resource Programs in Gering, Nebraska. They are organized by month and designed to be used weekly. Each experience consists of the following parts: 1) a food experience recipe, 2) an activities section, 3) a "For Children" section, 4) a "For Parents section, and 5) an "Activities for the Week" section. Recipes are simple to prepare, and limit the use of sugar, salt, and fat. "For Children" lists several nutrition facts for children to learn. "For Parents" provides information about the Basic Four, vitamins, minerals, proteins, food shopping, table setting, table manners, and other topics. "Activities for the Week" includes cooking and non-food activities for parents and children to do together.

83 NAL Call No: RJ206.E5 F&N E-3610
Food, nutrition, and the young child.
Endres, Jeannette Brakhane; 1941-; Rockwell, Robert E.
St. Louis C.V. Mosby; 1980.
312 p. : ill. Includes index.

Descriptors: Instructional materials; Textbooks; Post secondary education; Nutrient requirements; Infant nutrition; Nutrition education; Food service management; Early childhood education; Child nutrition programs; Integrated curriculum
Abstract: Basic concepts about food and nutrition as they apply to the care and well-being of young children are presented with emphasis on integration into the educational curriculum. Nutrient requirements of the child from birth through 5 years, along with curriculum approaches to learning are reviewed to promote the teaching of basic nutrition concepts in the group care setting. Influences on nutrition in the developing child (infants, toddlers, and preschoolers), food guides, and nutrient standards are discussed. An overview of food service management and menus in early childhood programs is also presented. The separation that usually exists between eating and learning activities can be narrowed if care givers, parents, and food service personnel work together to achieve the goals of nutrition education.

84 NAL Call No: TX341.J6
A food purchasing inventory for fifth- and sixth-grade students.
Gilmore, S.C.; Fanslow, A.M.; Brun, J.K.
Oakland, Calif. : Society for Nutrition Education; 1985 Jun.
Journal of nutrition education v. 17 (2): p. 55-58. ill., charts; 1985 Jun. Includes 9 references.

Language: English

Descriptors: Food purchasing; Food habits; School children; Program evaluation; Nutrition education
Abstract: A food purchasing inventory was developed and field-tested to evaluate food purchasing habits of 496 5th and 6th grade students in 21 schools. The results for the 2 grades were identical, and indicated that the students only had a general idea of food purchasing and did not differentiate purchases on a nutrition-related basis. It is concluded that new nutrition education curriculum materials are needed in the area of food purchasing, and that this inventory technique can be used as a valid evaluation tool to assess food purchasing behaviors of elementary school students.(wz)

85 NAL Call No: TX364.V36 F&N E-3288
Food service and nutrition education manual designed for use by child day-care personnel.
Virginia Polytechnic Institute and State University
Blacksburg, VA. VPI; 1979.
231 p. : ill.

Language: English

Descriptors: Workshops; Hygiene; Food storage; Day care services; Learning activities; Nutrient sources; Food purchasing; Instructional materials; Nutrition education; Day care programs; Food preparation; Preschool children (2-5 years)
Abstract: A curriculum which encourages cognitive development of children is structured around food service; nutrition itself plays an important part in child development and can be a vehicle for learning activities, involving smell, touch, hygiene, simple cooking, and nutrition education. Day care centers have evolved from the early days of simple baby sitting to the present programs which are focusing more on the educational aspects of caring for young children. These ideas are best disseminated through a workshop which teaches day care personnel about nutrition, nutrient sources and nutrient needs; how to shop and store food for a day care center; how to prepare food for young children; and how to use the many suggestions offered for learning activities related to growing, preparing and eating food.

86 NAL Call No: LB1025.I4 F&N
Foods and nutrition--A mini unit for grades 6-10.
Urbana : University of Illinois at Urbana-Champaign; Jan/Feb 1983.
Illinois teacher of home economics v. 26 (3): p. 118-120. forms; Jan/Feb 1983.

Language: English

Descriptors: Instructional materials; Junior high school students; Nutrition education; Vegetables; Food preparation; Iron-deficiency anemia; Lesson plans; Learning activities
Abstract: A mini-lesson on green vegetables and iron deficiency anemia designed for grades 6-10 includes a story, a test, food preparation and taste testing, a discussion of the procedures, and a review of the test, with correct answers and explanations given. A list of 25 principles to be taught during the lesson is included (e.g., green vegetables contain no fat or cholesterol). (kbc)

87 NAL Call No: LB1025.I4 F&N
Foods and nutrition--A mini unit for grades 6-10.
Urbana : University of Illinois at Urbana-Champaign; March/April 1983.
Illinois teacher of home economics v. 26 (4): p. 159-160. ill; March/April 1983.

Language: English

Descriptors: Nutrition education; Secondary grades; Food preparation; Nutrition information; Nutrition knowledge; Junior high schools; Student participation
Abstract: Part 4 of a 5 part mini-course (designed to integrate principles related to nutrition, food preparation, food buying, meal planning, energy use, and family relationships) presents a lesson which focuses on fruits and calcium and results in the preparation of a strawberry dessert. The format includes: students reading the story; taking the test; making the dessert; discussing the procedure with the teacher; correcting the test; and listening to teacher comments and emphases. The material may be photocopied. (kbc)

88 NAL Call No: LB1025.I4 F&N
Foods and nutrition--A mini-unit for grades 6-10.
Urbana : University of Illinois at Urbana-Champaign; 1983 May.
Illinois teacher of home economics v. 26 (5): p. 194-197; 1983 May.

Language: English

Descriptors: Menu planning; Learning; Teaching materials; Nutrition education; Intermediate grades
Abstract: The principles of nutrition, food preparation, food buying, meal planning, energy use, and family relationships are integrated into a lesson plan, for grades 6-10. The lesson is developed through a 5 step format. 1) A story and accompanying materials are presented. 2) A test is given to create interest and curiosity. 3) Students prepare food, display and eat it. 4) The procedures are discussed and the teacher goes over the test and explains the questions. 5) Throughout the entire lesson, teacher interjects comments and questions. Thirteen principles are incorporated into the lesson plan, such as iron deficiency causes anemia. Press releases from the American Dietetic Association are intersperced throughout the lesson to reinforce the principles and strengthen the presentation. (kbc)

89 NAL Call No: TX353.B45 F&N E-3434/5
From the inside out, a guide to food and physical fitness.
Bershad, Carol; Bernick, Deborah
Newton, MA. Newton Public Schools; 1979.
(2) v. : ill.

Language: English

Descriptors: Nutrition education; Curriculum guides; Nutrition information; Exercise (Physiology); Physical fitness; Learning activities; Food selection; Food habits; Nutrition concepts; Teaching guides; Instructional materials
Abstract: A curriculum for use in grades 5-8 presents nutrition and fitness information which emphasizes the relationship between lifestyle and health. Children are encouraged by illustrated stories and learning activities to actively explore their environment and examine the influences on their food choices and exercise habits. Students learn where food comes from and how to listen to their bodies. The functions of nutrients, food chemistry and digestion are described. Sample lessons include "Pulse Practice", "Three Generation Questionnaire", "Food Time Capsule", "Does Your Food Fit?", and "Label Scavenger Hunt". A companion teacher's guide is color coded to direct instructors to topic outlines, core activities, information sheets, student worksheets and annotated bibliographies of print and audiovisual resources. For all young people, keeping fit should become a life goal.

90 NAL Call No: TX355.M6
Fun food experiences for preschool children with handicaps.
Mosiman, Joyce; Rippetoe, Linda; Towers, Donna
Nutrition Education and Training Program (Mo.),Missouri, Division of Health

Jefferson City, Mo.? : Missouri Division of Health?, 198-?; 1980-1984.
ii, 97 p. : ill. ; 29 cm. The lesson plans were developed from the funds received from the Nutrition Education and Training Program, Bureau of Nutrition Services, Missouri Division of Health. Bibliography: p. 87-88.

Language: English

Descriptors: Handicapped children--Education (Preschool); Nutrition--Study and teaching (Preschool); Nutrition education; Preschool education; Handicaped children
Abstract: This preschool curriculum is designed to present foods in an interesting and fun way to handicaped children in order to insure that the children are eating a healthy diet and to avoid food waste and unpleasant confrontations at mealtime. The focus is on color, texture, smell, how it grows, preparing the food and tasting. The central theme is that the foods presented are good for them and will help them feel good. This manual includes twelve lesson plans, suggestions for numerous reinforcing activities and some modification ideas for children with handicaps.

91 NAL Call No: LB1025.I4 F&N
Get 'em while they're young] Nutrition education K-6.
Coatsworth, Hazel I.; Taylor, Shirley H.
Urbana, University of Illinois at Urbana-Champaign; Mar/Apr 1980.
Illinois teacher of home economics v. 23 (4): p. 231-233. ill; Mar/Apr 1980. 1 ref.

Descriptors: School children (6-11 years); Nutrition education; Teaching guides; Curriculum guides; Teacher education
Abstract: A nutrition curriculum planning guide was developed for elementary school teachers of the Arizona Public School System to help children learn good nutrition habits early. In most schools, nutrition is not included in health curriculum until high school, if at all. Arizona educators saw the importance of reaching children in their formative years. The guide is divided into 2 parts: kindergarten-grade 3, and grades 4-6. Units are composed of lessons which may be taught in sequence or selected individually to complement other ongoing curricula such as mathematics, music, and social studies. Lesson plans are included on topics ranging from nutrition information, food preparation, and value shopping. Workshops are being sponsored around the state to make teachers familiar with the guide.

92
Good beginnings: A nutrition education program for preschoolers.
Gillis, Doris
Toronto, The Association; July 1979.
Journal.Canadian Dietetic Association v. 40 (3): p. 250; July 1979.

Language: English

Descriptors: Instructional materials; Nutrition education; Preschool education; Preschool children (2-5 years); Early childhood education; Preschool programs; Food habits; Nutrition information; Menu planning; Learning activities; Day care services
Abstract: "Good Beginnings" is a workshop for early childhood educators which provides basic nutrition information and preschool teaching resources. The program has four components. The first, "Food Habits", emphasizes the importance of preschool years in forming food attitudes and habits. The second section, "Nutrifacts", provides basic nutrition information, while section three outlines a stepwise approach to menu planning in a preschool setting. A series of learning activities comprises section four. The teaching materials include a cooking kit, puzzle, and food models, and story book list.

93 NAL Call No: TX361.C5G6
Good food for pre-schoolers recipe cards.
Edmonds, Arline
Connecticut Nutrition Education and Training Program
Storrs, Conn. : CNETP; 1985.
[9] leaves : ill. ; 22 x 28 cm. Cover title. "... funding from the United States Department of Agriculture, Food and Nutrition Service, Nutriton Education and Training Program, Public Law 95-166."--T.p. verso.

Language: English

Descriptors: Children--Nutrition--Education (Preschool); School children--Food; Teaching materials; Children's cookbooks; Preschool education; Recipes; Nutrition education
Abstract: Designed to creatively present good food to pre-schoolers, this compliation of recipe cards combines nutritious food with fun activities. Pears, apples, tofu, bananas, cheese, and squash are transformed into boats, mice, faces, candles and other items children delight in. Appropiate rhymes are included. (jdb)

94 NAL Call No: TX364.L6 1987
The green thumb garden gang.
Lombard, Susan; Morningstar, Barbara; Knabb, Barbara
Florida Nutrition Education and Training Program
Tallahassee, Fla. : Florida Nutrition Education & Training Program, Florida Dept. of Education; 1987.
vi, 70 leaves : ill. ; 30 cm. + 2 computer disks. Previous ed: Florida nutrition education : a basic skills approach : primary level A. Subtitle on cover: Teacher guide : primary level A. Title of complete curriculum guide: A Guide to nutrition for the elementary teacher; Revised and updated version of: Florida nutrition education : a basic skills approach. Accompanied by: 2 5 1/4" computer disks for an Apple computer to be used by the students. NET funded.

Language: English

Descriptors: Nutrition--Study and teaching (Elementary); Nutrition education; Elementary education; Computer assisted instruction
Abstract: This elementary nutrition education curriculum guide is intended to improve the instructional quality of nutrition education at the grade 1 level. Computer software for an interactive educational program to be used in an Apple computer by the students is included. Objectives of these lessons include: identifying vegetables through verbal clues; learning foods which originate from poultry, pork, and beef; identifying plant parts (roots, stems, leaves, fruits and seeds) and their functions; and, learn the functions and sources of vitamin C.

95 NAL Call No: TX364.G857 F&N E-3930
A guide to nutrition education : grades 6-8.
Seminole County (Fla.), Public Schools.
Sanford, Fla. School Board of Seminole County; 1980.
32 leaves ; 22 x 28 cm. NET funded. Bibliography: leaves 29-32.

Language: English

Descriptors: Instructional materials; Grade 6; Intermediate grades; Curriculum guides; Nutrition education; Learning activities
Abstract: A curriculum guide for grades 6-8 uses an interdisciplinary approach to nutrition education invovling classroom teachers, food service personnel and school nurses. It provides the basis for a comprehensive and sequential program for all 3 grade levels. Learning activities are grouped according to 6 separate concepts: food handling, nutrition, body systems, food consumption, consumer education and nutrition and society. Within each concept are listed the student objectives, suggested learning activities, appropriate resources and evaluation activities. A resource guide is included which lists available AV materials and a brief bibliography of print materials used in the lessons. (js)

96 NAL Call No: 389.8 SCH6
Harvest feast teaches about life.
Huebner, L.; Bishop, D.
Denver, Colo. : American School Food Service Association; 1986 Sep.
School foodservice journal v. 40 (7): p. 56. ill; 1986 Sep.

Language: English

Descriptors: Iowa; School lunches; Food preparation; Nutrition education; Student participation; Learning activities; Menus
Abstract: Harvest Feast has become a tradition at Grant Annex in Waterloo, Iowa. Grant School is a magnet school for kindergarten and first grade students, with a 50-50 ratio of minority to nonminority students. Students have a wide variety of abilities, previous experiences, and socioeconomic backgrounds. Harvest Feast was designed to enhance students' appreciation of their cultural heritage through a celebration of the fall harvest. Background preparation for the Harvest Feast included classroom discussions of 1) the use of the four food groups in meal planning, 2) nutritional requirements for good health, 3) food sources of nutrients, and 4) native American and early colonial foods. The menu for Harvest Feast used food service commodities to help control costs, and consisted of stew, relishes, fry bread or muffins with butter, cheese and crackers, sweet potatoes, oatmeal cookies, and milk. Students divided up food preparation responsibilities among the classrooms, and assembled the finished products for the buffet-style feast. School administrators, food service personnel, and parents were invited guests. Though it requires much advance planning and organization, Harvest Feast is considered an invaluable learning experience by all who participate.(aje)

97 NAL Call No: TX364.H4 1988
Head Start nutrition education curriculum.
United States, Head Start Bureau
Washington, D.C. : U.S. Dept. of Health and Human Services, Office of Human Development

Service, Administration for Children, Youth and Families, Head Start Bureau; 1988.
1 v. (various pagings) : ill. ; 28 cm. + parent nutrition kit. Cover title. Includes bibliographies.

Language: English

Descriptors: Nutrition--Study and teaching (Preschool)--United States; Head Start programs--United States; Teaching materials; Curriculum guides; Preschool education; Nutrition education; Learning activities; Parental role
Abstract: A multidisciplinary approach to nutrition education is emphasized in this Head Start Curriculum, "Children, Get a Head Start On the Road to Good Nutrition." The curriculum is organized into nine units: 1) Food Makes Me Me, 2) Planning to Feed Me, 3) Clean Eating, 4) Variety Surrounds Me, 5) Food Is Sensational, 6) Food Origins, 7) Body Building Basics, 8) Eating the Basic Way, and 9) Special Occasion Foods. Each unit includes an introductory page containing the unit title, unit goals and rationale , teacher background information, resource materials, and skills and knowledge objectives. A variety of teaching techniques and learning experiences that allow flexibility and that can easily be adapted to the skills and capabilities of nearly all preschoolers are incorporated into the curriculum. A "parent kit" designed to involve parents in their children's nutrition education accompanies the curriculum. The purpose of the kit is to parents' understanding of nutrition and give suggestions on how they can promote the development of good eating habits in their children. Ways that parents and teachers can communicate more effectively and work together to educate the children are suggested.

98 NAL Call No: QP141.A1J6
Health and nutrition education in primary schools.
Mohapatra, B.S.R.; Ramadasmurthy, V.; Mohanram, M.; Naidu, A.N.
Coimbatore : Sri Avinashilingam Home Science College for Women; 1985 Sep.
The Indian journal of nutrition and dietetics v. 22 (9): p. 272-280. charts; 1985 Sep. Includes 10 references.

Language: English

Descriptors: India; Nutrition knowledge; Nutrition education; Teachers; Elementary education; Child nutrition; Food beliefs; Surveys
Abstract: A survey questionnaire assessed the nutritional knowledge, food beliefs, attitudes, and practices of 150 primary school teachers and 130 trainees for grades 1-5 in government schools in the twin cities of Hyderabad and Secunderabad in India. The overall mean score for teachers for all categories surveyed was low (61 per cent), with the lowest score obtained for the food beliefs category (43 per cent). Even lower scores were obtained for the teacher trainees. The survey results are summarized, and the importance of improving nutrition education for teachers is discussed.(wz)

99 NAL Call No: RA440.5.H43 F&N B-3398
Healthworks : a health and nutrition curriculum.
Sudbury Public Schools (Sudbury, Mass.)
Sudbury, Mass. Sudbury Public Schools (1981?); 1981.
422 p. : ill. ; 30 cm. NET funded.

Language: English

Descriptors: Instructional materials; Grade 4; Curriculum guides; Nutrition education; Learning activities; Classroom materials
Abstract: A health and nutrition curriculum for kindergarten through fourth grade children integrates participatory activities and explores health and nutrition issues within basic subject areas of language arts, math, social science, and science. Designated concepts are highlighted at each grade level and are sequential. All units provide suggested activities, notes and additional resources, supplementary nutrition information, and worksheets. (js)

100 NAL Call No: TX341.J6
A heart-healthy educational program for preschoolers.
Mabry, K.M.
Baltimore, Md. : Williams & Wilkins; 1990 Feb.
Journal of nutrition education v. 22 (1): p. 56C. ill; 1990 Feb. Includes 3 references.

Language: English

Descriptors: Nutrition education; Heart; Disease prevention; Preschool children
Abstract: Gem 129 describes a nutrition education program for preschool children to teach the relationship between nutrition and heart health.

101 NAL Call No: TX364.P845 F&N E-4014
How to avoid eat it, it's good for you : a parent's handbook of nutrition awareness and activities for pre-schoolers.
Pugliese, Madalaine K.; Shapiro, Gerilynn B.
Boston, Mass. Simmons College 1980?; 1980.

25 leaves : ill. ; 28 cm. NET funded. Bibliography: leaf 24.

Language: English

Descriptors: Instructional materials; Parent education; Preschool education; Nutrition education; Learning activities
Abstract: A parent's handbook compliments concepts and activities in "Nutrition and All That Jazz". Rationale for early childhood nutrition education, nutrition and consumer product information, learning activities, snack suggestions, resource materials and recipes are included. Some activities are identical to those in the teacher's handbook. The booklet is printed in English, Spanish and Chinese. (js)

102 NAL Call No: TX364.C326 F&N
Humpty Dumpty was an egg.
California University Division of Agricultural Sciences
Berkeley University of California; 1977.
16 p. : ill.

Language: English

Descriptors: Nutrition education; School children (6-11 years); Preschool children (2-5 years); Teaching; Resource materials; Snacks; Recipes
Abstract: Suggestions on what and how to teach young children about food are combined with an annotated list of resources, nutritious and delicious snack ideas and recipes, and ways to involve parents.

103 NAL Call No: TX364.I2 F&N C-2459
I am what I eat : nutrition education in the classroom : a guide for teachers, grades K-8.
Natick Public Schools (Natick, Mass.).
Natick, Mass. Natick Public Schools; 1981.
ii, 131 p. : ill. ; 22 x 28 cm. NET funded. Includes bibliographies.

Language: English

Descriptors: Instructional materials; Elementary grades; Intermediate grades; Integrated curriculum; Nutrition education; Learning activities
Abstract: A curriculum guide developed to help school teachers, nurses and food service personnel integrates nutrition education into the existing curriculum and food service program. Nutrition education activities are listed according to academic subjects (language arts, mathematics, social studies, health and science, art and physical education) and resources to use and persons to involve in each are suggested. Activities are grouped K-2, Grades 3-4, 5-6, and 7-8. Additional nutrition resources and suggested field trips are listed for each age group. The appendix includes lists of storybooks, student and teacher references, cookbooks, nutrition information, consumer-produced information, activity charts and puzzles. (kbc)

104
The influence of renutrition on biochemical and hematological parameters and morbidity in severely malnourished children.
Reyes, Marco A.; McMurray, David N.; Watson, Ronald R.
Los Altos, Calif., Geron-X; Jan 1980.
Nutrition reports international v. 21 (1): p. 63-76. ill., charts; Jan 1980. 23 ref.

Language: English

Descriptors: Colombia; Malnutrition; Nutritional deficiencies; Nutritional rehabilitation; Nutritional status; Children; Infants (To 2 years); Preschool children (2-5 years); Child nutrition; Infections; Nutrition education; Biochemistry; Blood analysis; Death rate
Abstract: Forty-three severely malnourished Colombian children (aged 18 to 60 months) were studied during a 4-6 week hospitalized renutrition program, and for one year after discharge. Serum levels of proteins, albumen, iron, transferrin and cholesterol were normal after 2-3 weeks of treatment, and they remained about normal for a year post-discharge. Sixty % of the children developed infections during the last eight months of the study. A year after renutrition, 29 were normal or mildly malnour

105 NAL Call No: TX364.I55 F&N E-3596
Integrated nutrition education and training, ages 3-8.
Sims, Millie
Springfield Illinois State Board of Education (1980?); 1980.
81 p. : ill. NET funded.

Descriptors: Instructional materials; Activity books; Integrated curriculum; Preschool education; Elementary grades; Basic nutrition facts; Basic Four; Recipes; Class activities; Food preparation; Cooking
Abstract: Teachers of preschool and the lower elementary grades will find basic nutrition information and ideas for its incorporation into classroom studies in a curriculum guide revolving around the basic 4 food groups. The learning ac-

tivities are primarily cooking projects, but they are related to reading, writing, verbalization, and arithmetic skills. Suggestions are included for introducing related topics, such as telling time, sanitation, and careers. The recipes are color coded in 4 sections, with supplementary information on nutrition, preparation, parent involvement activities, and curriculum integration ideas.

106 NAL Call No: TX364.I56 F&N E-3597
Integrated nutrition education and training, ages 9-12.
Springfield Illinois State Board of Education (1980?); 1980.
65 p. : ill. NET funded.

Descriptors: Instructional materials; Integrated curriculum; Activity books; Grade 4; Grade 5; Grade 6; Class activities; Dietary goals; Basic nutrition facts; Food groups
Abstract: Ways of integrating nutrition concepts into math, social studies, language arts and science activities in the intermediate grades are presented in a teacher's curriculum guide. Basic nutrition information includes discussions of the dietary guidelines, the five food groups, important nutrient sources and functions, and the Recommended Dietary Allowances. Instructions for each classroom activity include the time and materials needed, the objectives of the activity, methods of accomplishing the objectives, and suggestions for further discussion. Learning reinforcement is fostered through games and worksheets.

107 NAL Call No: TX341.J6
An integrative nutrition education framework for preschool through grade 12.
Skinner, J.D.; Cunningham, J.L.; Cagle, L.C.; Miller, S.W.; Teets, S.T.; Andrews, F.E.
Baltimore, Md. : Williams & Wilkins; 1985 Aug.
Journal of nutrition education v. 17 (3): p. 75-80. charts; 1985 Aug. Includes 7 references.

Language: English

Descriptors: Teaching materials; Curriculum guides; Nutrition education; Elementary education; Secondary education; Children; Adolescents; Net program
Abstract: An integrative nutrition education framework for preschool through grade 12 was developed by the Tennessee Nutrition Education and Training (NET) program. The framework was based on review of the literature, Tennessee's needs assessment, and consultation with an advisory board. Four goals, developed as a basis of the nutrition education plan, include understanding the relationship between nutrition and health; the relationship between individual and environmental characteristics and food-related behavior; the physical and chemical properties of food; and the nature and means for resolution of food and nutrition-related concerns.

108 NAL Call No: TX341.H82
An integrative nutrition education framework for preschool through grade 12.
Skinner, J.D.; Cunningham, J.L.; Cagle, L.C.; Miller, S.W.; Teets, S.T.; Andrews, F.E.
London, Eng. : J. Libbey; 1985 Aug.
Human nutrition : applied nutrition v. 17 (3): p. 75-80. charts; 1985 Aug. Includes 7 references.

Language: English

Descriptors: Teaching materials; Curriculum guides; Nutrition education; Elementary education; Secondary education; Children; Adolescents; Net program
Abstract: An integrative nutrition education framework for preschool through grade 12 was developed by the Tennessee Nutrition Education and Training (NET) program. The framework was based on review of the literature, Tennessee's needs assessment, and consultation with an advisory board. Four goals, developed as a basis of the nutrition education plan, include understanding the relationship between nutrition and health; the relationship between individual and environmental characteristics and food-related behavior; the physical and chemical properties of food; and the nature and means for resolution of food and nutrition-related concerns.(mp)

109 NAL Call No: TX364.I57 1981 F&N E-4257--E-4260
Introducing nutrition.
Saskatchewan; Health Promotion Branch
Regina, Sask. Saskatchewan Health Promotion; 1981.
4 v. : ill. ; 28 cm. Resource books from kindergarten thru division I, year III. Includes bibliographical references.

Language: English

Descriptors: Instructional materials; Kindergarten; Elementary education; Nutrition education; Basic nutrition facts; Nutrition concepts; Nutrition information
Abstract: Five concepts used to teach nutrition (in conjunction with health) to Canadian children are

presented for kindergarten (K) through Division I (Grades 1-3). Concepts are taught by use of learning objectives which increase in difficulty by grade level. The format also consists of a pre-test, post-test, teacher notes, resource materials, discussion ideas, suggested activities, and supplementary sheets. The book is designed for teachers who do not have extensive nutrition knowledge. (kbc)

110 **NAL Call No: TX341.J6**
An inventory for assessing food behaviors of elementary school children.
Fanslow, Alyce M.; Pease, Damaris; Gilmore, Shirley C.; Brun, Judy K.
Oakland, Calif., Society for Nutrition Education; Sept 1982.
Journal of nutrition education v. 14 (3): p. 96-98. ill; Sept 1982. 5 ref.

Language: English

Descriptors: Elementary school students; Nutrition education; Program evaluation; Inventories; Food habits; Food safety; Sanitation; Cartoons
Abstract: A series of inventories to assess elementary school students' (grades 1 to 6) food behaviors were designed and tested. The objectives covered cleanliness, safety, and food quality; responses were made by selecting 1 of 3 cartoon items which indicated typical behavior. The national field test which consisted of 1,673 students from 75 classrooms, determined what students do rather than what they know. Because of the diversity of the sample, the validity and reliability of the instruments make them useful to evaluate nutrition education programs. (kbc)

111 **NAL Call No: TX364.H8**
Iowa nutriphonics final report, section 18, grant agreement no. 59-3198-9-71.
Hunsley, Eleanor
Des Moines, Iowa? : Child Nutrition Programs Division, Iowa Dept. of Public Instruction?; 1982.
1 v. (various pagings) : ill., forms ; 29 cm. February 22, 1982. Bibliography: leaf 15.

Language: English

Descriptors: Iowa; Nutrition--Study and teaching (Preschool)--Iowa; Children--Iowa--Nutrition; Reference works; Day care centers; Nutrition education; Teaching materials; Activity books; Program development; Program evaluation; Food groups; Preschool education; Food purchasing
Abstract: The development of educational packages to teach nutrition concepts to preschool children, and accompanying evaluation instruments, are described for an ongoing project called Iowa Nutriphonics, sponsored by the Child Nutrition Programs Division of the Iowa Department of Public Instruction. Educational materials were developed by the Southwest Iowa Learning Resource Center in response to a nutrition education needs assessment survey conducted in child day care centers in Iowa. Topics include food shopping, sources of food, food and dental health, what do you eat, senses, eating out, breakfasts, snacks, sandwiches, juices, milk, meats, vegetables, candy and gum. Concepts were incorporated into stories "told" to the children by puppets. Educational packages alos included "talk-with-me" books, "show-me" books, and an activity folio. A user's manual provides guidance for maximum utilization of the program. Food choice behavior evaluation instruments (i.e. The Free Choice Snack, The Picture Potluck) were developed. Educational packages and testing instruments were field tested in ten day care centers in Iowa. Specific components of Nutriphonics that are described include: 1) project background and previous progress, 2) administration of the project contract, 3) goals and objectives, 4) development of teaching packages and evaluation instruments, and 5) field testing of the packages and testing instruments. Appendices present the contract proposal, staff assignments and credentials, package concepts, instrument development procedures, final testing instruments and evaluation summary. (aje)

112 **NAL Call No: LB3401.J6 F&N**
It's never too early for nutrition education.
Frankle, Reva T.
Kent, Ohio, American School Health Association; Sept 1980.
The Journal of school health v. 50 (7): p. 387-391. charts; Sept 1980. 17 ref.

Descriptors: Nutrition education; Nutrition Education and Training Program; Preschool children (2-5 years); School children (6-11 years); Educational programs; Food selection; Weight Watchers; Federal legislation; Industry role
Abstract: 1977 legislation authorizing funds for nutrition education programs offers the first federally-funded opportunity for state education agencies and health professionals to develop nutrition education programs for teachers, students, and food service employees. The role of industry in this field is examined, specifically the efforts of Weight Watchers International (WWI) to improve eating habits of young children. "The Child's Gar-

den of Eating" is a set of program materials developed by WWI to help children understand the relationship of food to their bodies, develop a sense of excitement in learning about food, and to develop personal responsibility for food selection. Pilot test results showed a high level of acceptance by teachers and students, and results of a questionnaire indicated that parents place a high priority on school nutrition education programs.

113 NAL Call No: TX341.J6

A K-6 nutrition curriculum evaluation--instruction and teacher preparation.

Shannon, Barbara; Bell, Paul; Marbach, Ellen; O'Connell, Lily Hsu; Graves, Karen L.; Nicely, Robert F. Jr

Berkeley, Society for Nutrition Education; Mar 1981.

Journal of nutrition education v. 13 (1): p. 9-13. charts; Mar 1981. 10 ref.

Descriptors: Nutrition education; Teacher education; Program effectiveness; Curriculum evaluation; Elementary school curriculum; Nutrition knowledge; Elementary school students; Effective teaching

Abstract: An evaluation of the effectiveness of an experimental nutrition curriculum, Nutrition in a Changing World, focused on 3 levels of teacher preparation and knowledge gain by students in grades K-6. All teachers received a curriculum guide, some participated in a 3-hour inservice program, and 17 attended a 45-hour nutrition education course. Pre- and posttesting of students showed a significant gain in nutrition knowledge after the 10 weeks of instruction in all grades and for all levels of teacher preparation. Fourth grade students seemed to perform better for teachers who took the nutrition course and sixth grade students whose teachers attended the inservice program performed better than other sixth graders, but these effects were not consistent. The nutrition education program and the curriculum guide seemed to provide adequate material for teaching nutrition education.

114 NAL Call No: TX364.T4 F&N B-1279

Kindergarten through sixth grade nutrition education.

Contento, Isobel

Cambridge, Mass. : Abt Books, 1981; 1981.

Teaching nutrition : review of programs and research / edited by Joanne P. Nestor and Joseph A. Glotzer. p. 159-236. chart; 1981. Literature review. 98 ref.

Language: English

Descriptors: USA; School children (6-11 years); Nutrition education; Educational programs; Food habits; Program evaluation; Elementary school curriculum; Curriculum evaluation

Abstract: Nutrition education programs and studies in the literature over the past decade and selected curriculum guides and programs recently developed by Federal, state, and local educational agencies, universities, food industries, and foundations for local and nationwide usage are reviewed. Of 11 comprehensive curricula and programs examined: 7 had desired outcomes in terms of competencies/proficiencies; 3 in terms of learning outcomes; 1 used a discovery approach without specifying behavioral outcomes. Further: 8 involved school foodservice to some degree; 4, extensively; 1 was designed specifically as an integrated nutrition and physical fitness program. Almost all (9 of 11) were field-tested before implementation. In addition to providing children with knowledge and decision skills for food choices, children must also be taught how to think in ways that allow an understanding of the health effects, energy costs, ecological consequences, and moral implications of their food choices, and how to act independently in selecting nourishing meals for themselves and others. Creative cuurricula/learning strategies must be designed to accomplish such education of young children. (wz)

115 NAL Call No: TX364.L62 1987

The land of nutrition.

Lombard, Susan; Knabb, Dee; Morningstar, Barbara

Florida Nutrition Education and Training Program

Tallahassee, Fla. : Florida Nutrition Education & Training Program, Florida Dept. of Education; 1987.

vi, 75 leaves : ill. ; 30 cm. + 1 computer disk. Previous ed: Florida nutrition education : a basic skills approach: primary level B. Subtitle on cover: Teacher guide : primary level B. Title of complete curriculum guide: A Guide to nutrition for the elementary teacher; Revised and updated version of: Florida nutrition education : a basic skills approach. Accompanied by: 1 5 1/4" computer disk for an Apple computer to be used by the students. NET funded.

Language: English

Descriptors: Nutrition--Study and teaching (Elementary); Nutrition education; Elementary

education; Computer assisted instruction; Dental health
Abstract: This elementary nutrition education curriculum guide is intended to improve the instructional quality of nutrition education at the grade 2 level. Computer software for an interactive educational program to be used in an Apple computer by the students is included. Objectives of these lessons include: identifying sources of vitamin C; developing oral language skills by telling a story; identifying sources of calcium and iron; recognizing and naming the four food groups and foods belonging in each group; and, learning about proper tooth care.

116 NAL Call No: TX364.C748 F&N E-4469
Let's cook at Holmes target nutrition, nutrition education tactics.
Croce, Angela Lattuca; Hope, Patricia
Holmes Elementary School (San Diego, Calif.)
San Diego, Calif. : San Diego City Schools; 1980.
iii, 28 p. : ill. ; 28 cm. NET funded. Publication no. I-B-80-20. Grades Pre-K-6.

Language: English

Descriptors: Children; Teaching materials; Curriculum; Recipes; Cookbooks; Preschool education; Teaching materials
Abstract: A recipe book presents ideas to teach individualized cooking experiences in the pre-K-6 classroom. Twenty-two recipes were prepared and tested at Holmes Elementary School. The recipes, which are designed to teach both cooking and reading skills, contain a number of 1-step sentences. Line drawings illustrate recipe ingredients and what is to be done with them (e.g., whole and sliced tomatoes are shown together). The instructions can be used with or without the illustrations. Activity guides with nutrition lessons for specific grade levels have been designed to accompany the recipes. (kbc)

117 NAL Call No: TX364.N394 F&N B-3201
Let's taste fruits and vegetables : the ABC's of using fruits and vegetables as an integrated part of early childhood curriculum.
Naworski, Priscilla
Vallejo, Calif. Vallejo Unified School District (1978?); 1978.
55 p., (48) leaves : ill. ; 30 cm. (Good nutrition is for everybody). NET funded. "Vallejo School District Dissemination Project. Loose-leaf. Includes bibliographies.

Language: English

Descriptors: Instructional materials; Preschool education; Nutrition education; Learning activities; Fruits; Vegetables
Abstract: A collection of activities, developed to encourage preschool children to identify, handle, and taste fruits and vegetables, provides historical background, nutritional information, stories, activities, and other suggested resources. Activities may be integrated into art, science, story time, language time, or music studies. Coloring sheets with a drawing of each item includes nutrition information for parents. "Munch Bunch" stickers are provided to reward children who taste new vegetables or fruits. (js)

118 NAL Call No: TX652.5.W6 F&N B-2977
Little chef.
Wong, Theresa; Moon, Rozane; Wong, Cheerfield
San Francisco Chinatown Community Childrens Center; 1980.
83 l. : ill.

Language: English

Descriptors: Instructional materials; Childrens books; Preschool education; Nutrition education; Food habits; Cooking methods; Recipes
Abstract: Food preparation and cooking experiences for small groups of preschool children supplement nutrition knowledge and encourage wise food choices, social interaction, language arts skills, motor development and safe food handling. Ten recipes provide individual step-by-step direction cards with simple illustrations. (js)

119 NAL Call No: TX354.S69 1984 F&N B-4254
Living nutrition.
Stare, Fredrick John; McWilliams, Margaret
New York : Wiley; 1984.
x, 640 p. : ill. (some col.) ; 26 cm. Includes bibliographies and index.

Language: English

Descriptors: Textbooks; Nutrition education; Nutrient requirements; Age groups; Teaching materials; Guidelines
Abstract: A comprehensive study guide and introductory text presents nutrition as a science for living. Following an introductory section on the importance of nutrition in human health, the remaining 17 chapters are arranged into 4 principal catagories. These include characteristics and significance of energy intake quality and weight control; basic nutritional aspects of vitamins and

minerals, and the essentiality and role of water in human nutrition; nutritional needs at specific life cycle stages (pregnancy and lactation, infancy, the preschool and school years, and adulthood); and nutritional facts and fallacies for the consumer. Question and answer sections are given throughout the text, and nutritional data, nutrient structures, and a glossary are included in addition to 6 appendices. (wz)

120 NAL Call No: TX652.5.M29 F&N E-4047
Make it, eat it : you are what you eat.
Nutrition Education and Training Program (Ohio).
Columbus, Ohio Ohio Dept. of Education, Nutrition Education and Training Program; 1982.
4 leaves : ill. ; 28 cm. NET funded. Being revised 6/82.

Language: English

Descriptors: Instructional materials; Preschool education; Learning activities; Nutrition education; Snack foods
Abstract: Ideas drawn from children's cookbooks describe edible creations (i.e., face sandwiches, walking salads, animal shapes) using primarily fruits and vegetables. Food-related science experiments explore taste, and smell and illustrate evaporation and osmosis. (js)

121 NAL Call No: TX364.L64 1987
Mission energy.
Lombard, Susan; Martz, Muriel; Morningstar, Barbara
Florida Nutrition Education and Training Program
Tallahassee, Fla. : Florida Nutrition Education & Training Program, Florida Dept. of Education; 1987.
vii, 44, [16] leaves : ill. ; 30 cm. + 1 computer disk. Previous ed: Florida nutrition education : a basic skills approach : primary level C. Subtitle on cover: Teacher guide : primary level C. Title of complete curriculum guide: A Guide to nutrition for the elementary teacher; Revised and updated version of: Florida nutrition education : a basic skills approach. Accompanied by: 1 5 1/4" computer disk for an Apple computer to be used by the students. NET funded.

Language: English

Descriptors: Nutrition--Study and teaching (Elementary); Nutrition education; Elementary education; Computer assisted instruction; Energy metabolism; Nutrients
Abstract: This elementary nutrition education curriculum guide is intended to improve the instructional quality of nutrition education at the intermediate level, grades 3-5. Computer software for an interactive educational program to be used in an Apple co mputer by the students is included. This unit will review the four food groups, balanced meals, and good eating manners. The students are introduced to six nutrients. The unit teaches the energy nutrients, microorganisms, and that different activities require various amounts of energy.

122 NAL Call No: TX364.R78 F&N E-4470
More than mud pies a nutrition education curriculum for 3 to 5 year olds in day care centers and preschools.
Ruhnka, Sallie C.; Herde, Judith A.
Colorado Child Care Coalition, Mile High Child Care Association, Colorado, Dept. of Education
Denver : Colorado Department of Education; 1980.
iv, 105 p. : ill. ; 28 cm. NET funded. Bibliography: p. 103-105.

Language: English

Descriptors: Nutrition education; Children; Cooking; Cookbooks; Teaching materials
Abstract: A curriculum guide for preschool and day care center staff provides guidelines for teaching nutrition principles to preschool children. A total of 52 lessons (usually each is on a single page) are divided into seasons, months, and weeks, allowing the teaching staff to start at any point in the yearly calendar. The lessons are preceeded by 5 preliminary lessons: personal cleanliness and health, 4 basic food groups, measuring methods, kitchen safety, and reading a recipe. Each lesson includes an objective, a suggestion for parent involvement, and directions for the activities. Nutrition information, recipes and games are given thoughout the guide. Data on nutrition needs of preschoolers, USDA child care food program nutrition requirements, a sample child care program menu, and cooking skills and abilities of preschoolers grouped by age, are appended. (wz)

123 NAL Call No: TX364.W63 1980 F&N E-3717
The mustard seed : a nutrition education curriculum guide for preschoolers and kindergarteners.
Wong, Theresa; Moon, Rozane; Wong, Cheerfield
San Francisco Chinatown Community Children's Center; 1980.
206 l. : ill. Sections of text in Chinese. NET funded. Includes bibliographies.

Language: English

Descriptors: Instructional materials; Curriculum guides; Preschool education; Nutrition education; Integrated curriculum; Learning activities; Educational games; Puppets
Abstract: A nutrition education curriculum guide, for children 3-5 years of age, is divided into seven color coded categories: creative activities, flannel graph stories, games, puppet shows, cooking activities, songs and resource lists. Activities are designed to meet the 12 nutrition objectives of the California State Department of Education; may be implemented over a one to two year period; and reinforce skills in 8 learning areas: motor development, social development, language arts, science, health and safety, music, mathematics and art. Each activity lists an objective, optimal group size, time and materials required, procedure and suggested enrichment activities. Patterns for games and activities are printed on heavy duty paper. (js)

124 NAL Call No: 389.8 SCH6
NET: Aspirations and training implications.
De Zeeuw, Mary Lou
Denver, American School Food Service Association; Sept 1979.
School foodservice journal v. 33 (8): p. 81-84. charts; Sept 1979.

Language: English

Descriptors: Nutrition education; Nutrition programs; Educational programs; National surveys; State curriculum guides; Curriculum development; Preschool children (2-5 years); Elementary school students; Secondary school students; Statewide planning; Nutrition Education and Training Program
Abstract: To collect and analyze data on all nutrition training programs being developed nationwide, the American School Food Service Association (ASFSA) developed a survey instrument sent to Nutrition Education and Training (NET) coordinators. A return rate of 100% indicated that the ASFSA should serve as the NET communications network center. In order of priority, the areas being addressed by states include: teacher training, food service personnel training, elementary school programs, preschool programs and secondary school programs. The largest state developed materials include curriculum guides for K-6 and program design for personnel training; lacking are curriculum guides for preschool as well as guides and materials for 7-12. A statewide review is included, with each state listing its single strongest program feature.

125 NAL Call No: aHV696.F6F6
NET in a child care center.
Serrano, Tino
FNS
Washington, USDA, Food and Nutrition Service; Dec 1979.
Food & nutrition v. 9 (6): p. 18-19. ill; Dec 1979.

Language: English

Descriptors: California; Program effectiveness; Child nutrition programs; Nutrition education; Low income groups; Child care; Children; Preschool children (2-5 years); Nutrition Education and Training Program
Abstract: The Chinatown Community Children's Center in San Francisco is teaching the basics of good nutrition to preschoolers between 3 and 5; these youngsters--less than 5% speak English--are primarily from low-income families who have recently emigrated to the U.S. The nutrition education they receive will give them the background needed for nutrition training they will receive when they enter school. Activities include games, puppet theater, and storytime, all containing information to instruct and entertain preschoolers. A-V materials are emphasized because of age and the language barrier. Plate-waste studies indicate the children are absorbing and retaining nutrition information.

126 NAL Call No: TX364.N397 F&N E-3989
The New blue book on nutrition activities.
Nutrition Education Workgroup (Northampton, Mass.).
Northampton, Mass. Hampton Educational Collaborative (1980?); 1980.
65 leaves : ill. ; 28 cm. NET funded. Companion to The N.E.W. rainbow of resources book (Z5814.F7N2 F&N E-4015).

Language: English

Descriptors: Instructional materials; Grade 2; Grade 4; Grade 5; Grade 6; Secondary grades; Nutrition education; Teacher developed materials; Lesson plans; Learning activities
Abstract: Activities and lesson plans developed by teachers of the Nutrition Education Workgroup (N.E.W.) for grades 2 through 12 relate nutrition education to current curriculum subjects. Format and content of lesson/outlines vary. Sample classroom materials (handouts, tests, worksheets) are provided. The N.E.W. Rainbow of Resources Book

may be used as a companion to this activity book. (js)

127 NAL Call No: 389.8 SCH6
Nourishing nutrients come to class.
Greig, Sue
Denver : American School Food Service Association; Sept 1982.
School foodservice journal v. 36 (8): p. 112. ill; Sept 1982.

Language: English

Descriptors: Nutrition education; Elementary schools; Basic nutrition facts; Food habits; Nutrient requirements; Nutrients; Instructional aids
Abstract: Surveys conducted earlier by school district 383 of the Kansas School Food Service Department confirmed that many students participating in the school lunch program practiced poor eating habits at school. A brief 5-day study unit in nutrition education, initiated in 1974, was expanded over the next 2 years. Research concluded that third grade students learned and retained more nutrition information from lessons on the 5 nutrients than on the 4 food groups' approach. A 1979 grant supported the offering of a class in nutrition education concepts and techniques for elementary school teachers, with District teachers encouraged to attend. New materials were distributed to key teachers for use during the 1980-1981 school year. Other grants allowed for the formulation of a nutrition education kit for dissemination in early 1982. The new curriculum (The Nourishing Nutrients') is now taught by each classroom teacher to promote good nutritional habits. A major positive feedback in this curriculum resulted. (wz)

128 NAL Call No: TX364.B3 1981
Novi Community Schools Nutrition Education Project Novi nutrition education scope and sequence : pre-school through grade 12 : model for curriculum infusion.
Barr, William D.; Traynor, Rita A.; Kokas, Maria Sarivalas
Novi Nutrition Education Curriculum Development Committee, Novi Community School Nutrition Education Project
Novi, Mich. : Novi Community School District; 1981.
5 v. : ill. ; 29 cm. Cover title: Novi Community Schools nutrition education scope & sequence : a nutrition curriculum model. Novi education program. "These materials (documents, products, etc) were prepared by the Novi Nutrition Education Curriculum Development Committee ..."-- v. 1, Cover p. 2.

Language: English

Descriptors: Michigan; Nutrition--Study and teaching (Preschool); Nutrition--Study and teaching (Elementary); Nutrition--Study and teaching (Secondary); Teaching materials; Curriculum guides; Primary education; Intermediate grades; Secondary education; Nutrition education; Dietary guidelines; Lesson plans
Abstract: This guide was developed as a comprehensive, referenced, nutrition education manual for the public school system in Novi, Michigan. In five volumes, it contains instructional guidelines for students from pre-school to the 12th grade. The first volume is designed for use with pre-school and kindergarten aged children; volume two is for first to third graders; volume three is designed for grades four to six; volume four is intended for use with seventh through tenth graders; and volume five is designed to teach students in tenth to twelfth grades. The health/nutrition minimal performance objectives of the Michigan Department of Education provided the core of concepts and objectives used in the Novi guide. The guide includes a variety of affective and cognitive learning activities specifically suited to a particular age group.

129 NAL Call No: TX364.N45 F&N C-2043
Nurition education, grades K-3.
Bedworth, Albert E.
New York (State) Education Dept Bureau of School Health Education and Services.
Albany, N.Y. State Education Dept; 1979.
62 p. (Health education, physical dimension of health). Bibliography: p. 48-57.

Language: English

Descriptors: Nutrition education; School children (6-11 years); Kindergarten; Curriculum development; Elementary school curriculum; Basic nutrition facts; Teaching guides
Abstract: Teachers of kindergarten through third grade can use this guide to develop curricula at the school district level and to prepare daily lesson plans for nutrition education. Broad nutritional topics are divided into subtopics and have terminal and enabling objectives. Each topic has learner activities to help students achieve enabling objectives, and teacher information on how to conduct the activities. Key concepts, grade placement evaluation, and suggestions for learner comprehension evalu-

ation are included. Topics cover sources and uses of food, eating pattern influences, and food advertising. Teaching aids and nutrient values of some foods are also given.

130 NAL Call No: TX364.C752 F&N B-3400
La nutricion como objectivo : guia de actividades de educacion nutricional. [Nutrition with objectives.]
Croce, Angela Lattuca
San Diego City Schools (Calif.).
San Diego, Calif. Escuelas de la Ciudad de San Diego; 1980.
3 modules in 1 v. : ill. ; 28 cm. NET funded. Translation of Target nutrition (TX364.C75 F&N B-3399).

Language: Spanish

Descriptors: Instructional materials; Lesson plans; Elementary grades; Nutrition education; Nutrition knowledge; Food habits
Abstract: Activity guides in Spanish provide ideas for reinforcement of nutrition knowledge, identification of attitudes about food and improving eating habits. Lesson plans for pre-K-K, grades 1-3 and 4-6 are based on the guidelines of the Health Instruction Framework for California Public Schools. Topic areas are: food choices, factors influencing choices, food related careers, consumer competencies, and food handling. Lessons may be incorporated into math, language, social studies, science, art and reading where appropriate. Each lesson lists a desired proficiency and behavioral objective, content, learning experiences and materials needed. Optional food experiences are provided to reinforce concepts taught. Student activity sheets and recipes are included. (js)

131
A nutrient density - nutrition education program for elementary schools.
Brown, Guendoline; Wyse, Bonita W.; Hansen, R. Gaurth
Berkeley, Society for Nutrition Education; Jan/Mar 1979.
Journal of nutrition education v. 11 (1): p. 31-36. ill., charts; Jan/Mar 1979. 14 ref.

Language: English

Descriptors: Nutrition education; Behavioral objectives; Elementary education; Elementary school students; Educational programs; Nutrient density; Nutrition concepts; Program evaluation
Abstract: A nutrient density-nutrition education program has been developed and evaluated for kindergarten through sixth grade students. The program allows nutrition education to be integrated into existing classroom programs. Students, teachers, and parents reacted favorably to the program. Evaluation indicated that elementary school-aged children possess sufficient academic sophistication to work effectively with a program based on nutrient density. Elementary school teachers with only a limit

132
Nutrient of the year.
Malone, Ronnie
Washington, The Service; Sept/Oct 1978.
Extension reviewUnited States. Extension Service v. 49 (5): p. 13; Sept/Oct 1978.

Language: English

Descriptors: New Jersey; Nutrition education; Educational methods; Elementary education; Student involvement; Extension programs; Extension education
Abstract: An innovative nutrition education program which capitalized on a presidential election to obtain newspaper publicity is described. A special nutrition class was part of the community outreach effort of the New Jersey Cooperative Extension Service. During the final class session, the fourth grade students elected a "Nutrient of the Year". Each child campaigned for one of the nine key nutrients. Funsheets, games and foodtasting were part of the training sessions. Segments of the newspaper story are featured.

133 NAL Call No: TX361.C5G58 F&N E-3966
Nutrimento para el crecimiento : una curso domestico de estudios tocante a la educacion en la nutricion para ninos pre-escolares. [Nutrition for growth.]
Golay, Jenny
Community Child Care Council of Sonoma County (Calif.).
Santa Rosa, Calif. Community Child Care Council of Sonoma County; 1981.
1 v. (various pagings) : ill. ; 28 cm. Cover title. NET funded. Translation of Food for growth (F&N E-3924).

Language: Spanish

Descriptors: Instructional materials; Preschool education (2-5 years); Nutrition education; Lesson plans; Learning activities; Integrated curriculum; Food habits; Basic Four; Sanitation; Food adver-

tising
Abstract: A nutrition education curriculum for preschoolers in a home environment or preschool center integrates nutrition concepts into health, science, social studies, language development, art and math. Fifteen lesson themes designed to meet the California NET minimum proficiencies for preschoolers address topics such as the need for food, cleanliness, TV advertising, the Basic Four food groups, mealtime atmosphere and preventing food waste. Each lesson lists the objectives (for children and adults), materials/resources needed, procedure, and follow-up activities which reinforce lesson concepts. Activities suggested include stories, songs, fingerplays, games, art projects, snacks, gardening and field trip ideas. (js)

134 NAL Call No: TX364.N325 F&N E-3463
Nutrition achievement tests, K-6.
National Dairy Council.
Rosemont, IL. National Dairy Council; 1979.
(41) p. : ill.

Language: English

Descriptors: Nutrition education; Achievement tests; Test construction; Testing; Evaluation methods; Nutrition knowledge; Measurement techniques; Elementary grades; Needs assessment
Abstract: In order to meet a need for effective instruments which evaluate children's academic achievement in nutrition education, a test manual has been developed with 3 nutrition achievement tests for students in kindergarden through sixth grade. The tests measure knowledge of 7 nutrition concepts: physiological facts; nutrients; food handling; life cycle requirements; social-psychological aspects of food; food technology; and nutrition and society. The tests are also useful in assessing effectiveness of nutrition education programs or nutrition education needs of pupils. Test items are appropriate for academic level of students in various grades; the number of test items for a concept depends on the concept's importance for students in a particular grade. Tables show the test plan for a given grade and specific test questions for each nutrition concept. All test questions were pretested in classrooms; statistical data evaluating test quality is given. Instructions for test administration and interpretation of scores are included.

135 NAL Call No: TX364.N84
Nutrition achievement tests test manual.
National Dairy Council, Iowa State University
Rosemont, IL. : The Council; 1979.
1 v. (various pagings) : ill. ; 28 cm. Cover title: Nutrition achievement tests, K-6. Test 1: Kindergarten, First, and Second Grades; Test 2: Third and Fourth Grades; Test 3: Fifth and Sixth Grades.

Language: English

Descriptors: Nutrition--Study and teaching (Elementary); Nutrition--Examinations, questions, etc; Reference works; Nutrition education; Elementary education; Academic achievement; Measurement
Abstract: Nutrition Achievement Tests, designed to measure the effectiveness of nutrition education efforts with children in kindergarten through sixth grade, are provided in this manual from the National Dairy Council. Key nutrition education concepts tha t are examined include physiology, nutrients, food handling, life cycle requirements, social and psychological aspects of food, food technology, and nutrition and society. Three different tests are presented. Test 1 is designed for kindergarten through second grade. Test 2 is for grades three and four. Test 3 is for grades five and six. Test questions were verified for accuracy by nutrition experts. Pilot tests were conducted to determine test quality and develop a base for interpreting test results. The following test data results are discussed: difficulty index, discrimination index, reliability, standard error measurement, mean, standard deviation, and range. Instructions are included for administering each the tests.

136 NAL Call No: Graphic no.125 F&N
Nutrition activity cards for preschool teachers & cooks.
Bruneau, Connie
Association of Village Council Presidents
Bethel, Alaska : Association of Village Council Presidents, [1983?]; 1983.
46 activity cards in binder : double-sided, col. ; 28 x 22 cm.

Language: English

Descriptors: Alaska; Nutrition--Study and teaching (Primary); Teaching materials; Activity books; Preschool education; American indians; Nutrition education; Food groups; Food art; Cooking methods; Food safety; Ethnic foods
Abstract: Designed for use in Alaskan Head Start programs, this book presents a variety of nutrition-related activities for teaching children that healthful eating is fun. Based on foods from the food groups, each activity card includes the objective,

preparation, instruction, and illustrated suggestions for creating fun items out of whole foods, as well as needed materials and general group-related information. With emphasis on using native foodstuffs in teaching, health precautions related to many of these foods are addressed. Steps for teacher preparation for instructing children in cooking and good kitchen habits are included.

137 NAL Call No: QP141.A1J6
Nutrition and health education of Balsevikas through in-service training--an evaluation study.
Puri, R.; Chawla, P.; Mehta, S.; Pershad, D.
Coimbatore : Sri Avinashilingam Home Science College for Women; 1984 Nov.
The Indian journal of nutrition and dietetics v. 21 (11): p. 413-418. ill., charts; 1984 Nov. Includes 10 references.

Language: English

Descriptors: India; Nutrition education; Program evaluation; Training; Teachers; Preschool children

Abstract: A study assessed the feasibility and impact of an in-service nutrition and health education training program for 50 preschool teachers in India on their nutrition and health knowledge and practice. Significant improvement was obtained in knowledge and practices, but the gain in knowledge was greater than the gain in practices. The study results emphasize the importance of using demonstrations and practice classes to reinforce the knowledge gained.(wz)

138 NAL Call No: LB3401.J6 F&N
Nutrition and school health.
Egan, Mary C.
Kent, Ohio, American School Health Association; Nov 1979.
The Journal of school health v. 49 (9): p. 516-518; Nov 1979. 12 ref.

Language: English

Descriptors: Adolescents (12-19 years); Growth; Body composition; Health needs; Nutrition education; Health programs; School health services; Health personnel; Pregnant adolescents; Self-care; Preventive medicine
Abstract: The nutritional needs of adolescents are defined by growth and changes in body composition, and are probably higher than at any other time of life. The most common problems involve immunization, dental care, vision, hearing, upper respiratory ailments, anemia, and genito-urinary infections. Adolescents give birth to 600,000 babies a year, accentuating the need for health care and nutrition education, counseling and day care. Harmful substance abuse contributes to accidents, disease and poor nutrition. Trends in school health care include expanded roles for school nurses, mainstreaming handicapped children and emphasizing self care and nutrition education in the wellness program.

139 NAL Call No: TX364.N7768 1979 F&N E-4294--E-4296
Nutrition and you : a nutrition education program for children in the primary grades.
Radigan, Kenneth W.
Santa Monica, Calif. CBS Educational Publishing distributed by BFA; 1979.
3 v. : ill. ; 28 cm.

Language: English

Descriptors: Instructional materials; Primary grades; Teaching guides; Nutrition education; Lesson plans; Activities; Basic health facts; Basic nutrition facts; Nutrients; Snack foods; School lunch
Abstract: Teacher's annotated nutrition education manuals for grades 1, 2, and 3 each contain at least 28 lesson plans. (Students have accompanying workbooks). Lessons for succeeding grade levels increase in sophistication and content difficulty. Each lesson plan introduces, reinforces and reviews a subject; provides behavioral objectives; lists materials needed and describes the procedure (how the teacher should present the information plus a correct worksheet for ease in verifying answers). Nutrition fact sheets are included in the addenda. (kbc)

140 NAL Call No: TX341.N825
Nutrition as a focus for health education.
McLoughlin, Vivienne; Davies, Jim
London, Eng. : Forbes Publications; 1983 Nov.
Nutrition and food science v. (85): p. 7-9. ill; 1983 Nov. Includes 5 references.

Language: English

Descriptors: Nutrition education; Health protection; Curriculum; Disease prevention; Schools
Abstract: A component of a school health curriculum entitled "Food for Thought" helps children understand several relationships, such as basic concepts which help children (grades 5-10) select appropriate foods; and the process of digestion and

functions of food. This learning approach encourages and requires personal experience and observations as a means to promote health. Themes include growth, fitness, and avoidance of disease. This curriculum allows for the introduction of concepts at different times in a child's education process, such as cookery in primary schools, home economics in secondary school, and the use of television to extend nutrition education efforts. Other ways of expanding nutrition education through the 3 Rs and other subjects are mentioned to maintain an ongoing effort. (kbc)

141 NAL Call No: LB3401.A57
Nutrition aspects of a cardiovascular curriculum in the Southwest.
Koehler, K.M.; Harris, M.B.
Reston, Va. : American Alliance for Health, Physical Education and Dance; 1988 Oct.
Health Education v. 19 (5): p. 24-28. charts; 1988 Oct. Includes 23 references.

Language: English

Descriptors: New Mexico; Nutrition education; Cardiovascular diseases; Elementary education; Curriculum guides; Food preferences; Food intake; Cultural influences; Food habits; Behavior change; Hispanics; American indians
Abstract: This article discusses the pilot-testing of a cardiovascular health curriculum designed for fifth grade students in the Southwest. The curriculum was developed after a survey was administered to the children to determine eating behaviors and favorite foods. The curriculum was designed to include cultural foods in a heart-healthy diet.

142 NAL Call No: TX361.C5N87
Nutrition building blocks North Carolina child care curriculum guide for nutrition and health.
North Carolina, Dept. of Public Instruction, Division of Child Nutrition
Raleigh, N.C. : Dept. of Public Instruction, Division of Child Nutrition; 1984.
1 v. (loose-leaf) : ill. ; 28 x 30 cm. Bibliography: p. 229-230.

Language: English

Descriptors: North Carolina; Children--Nutrition--Education; School children--Food; Reference works; Curriculum guides; Child care providers; Federal programs; Nutrition education; Food groups; Learning activities; Net program
Abstract: The major food groups needed for good nutrition are presented in this child care curriculum guide for nutrition and health published by the North Carolina Department of Public Instruction, Division of Child Nutrition. The guide was adapted from a nutrition education manual designed by the Mississippi Nutrition Education and Training Program for their Child Care Food Program. The guide was developed for child day care centers, family day care homes, head start centers, churches, social service departments and schools responsible for teaching pre-school and school-aged children about healthful food choices and the relationship between diet and health. Curriculum topics focus on the major food groups (breads and cereals, meats, milk and milk products, fruits and vegetables). A special "holidays" unit explores the relationship between specific foods and popular holidays (St. Patrick's Day, Easter, Halloween, Thanksgiving, Christmas, Chanukah). Lesson plans include objectives, learning activities, required materials, and additional resources.

143 NAL Call No: TX364.N778 F&N E-4081
Nutrition curriculum, pre school.
West Virginia, State Dept. of Education, Child Nutrition Division.
Charleston, W.Va. Child Nutrition Division, West Virginia Dept. of Education (1980?); 1980.
6 leaves : 28 cm. "Working copy. NET funded.

Language: English

Descriptors: Instructional materials; Preschool curriculum; Nutrition education; Concepts; Nutrients; Food habits; Food processing; Food preparation; Nutritional adequacy
Abstract: The curriculum outlines generalizations derived from, and competencies and learner outcomes to be achieved through, 5 nutrition education concepts for preschoolers in West Virginia. Concepts address: the need for a variety of foods for growth and health; nutrients and their utilization; influences (cultural, social, economic, psychological) on food use; food processing, storage and preparation; and faulty or inadequate nutrition. (js)

144 NAL Call No: TX364.N785 F&N E-3941
Nutrition education : information for parents of preschoolers.
Florida, Dept. of Education.
Tallahassee, Fla. Florida Dept. of Education; 1981.
(17) p. in portfolio : ill. ; 31 cm. NET funded.

Language: English

Descriptors: Instructional materials; Parent education; Nutrition education; Learning activities; Food

groups; Dental health
Abstract: A set of 10 one-page letters for parents describes activities which the preschool child has experienced in the classroom, provides additional nutrition information and suggests learning activities to be done at home. Topics include: food groups (fruits, vegetables, meat, breads and cereals, soups, eggs, dairy products), tooth brushing and other dental care, meal planning and edible vs. non-edible substances. (js)

145 **NAL Call No: 389.9 AU73**
Nutrition education activities in Victoria.
Collins, Toni
National Nutrition Education Conference, (29-30 January 1981, Canberra,.
Canberra : Australian Government Publishing Service; 1982.
Journal of food & nutrition v. 39 (2): p. 72-75; 1982.

Language: English

Descriptors: Victoria; Nutrition education; Child development; Child nutrition programs; Nutrition programs; Public health programs; Dietitian role; Health promotion; Health education
Abstract: The dietitian's role under the Victorian Early Childhood Development Program (ECDP) is guided by 5 goals established in 1979-80. About 80% of the dietitian's time is spent on the development of health programs in nutrition, food budgeting, food purchasing, and related areas. Activities under this goal encompass: nutrition assistance to infants, toddlers, and pregnant females; the provision of nutrition education for preschool and school age children; and other areas (vegetarianism, Aboriginal children, the handicapped, community nutrition, and nutrition education displays for supermarkets). The other goals for the ECDP dietitians cover: nutrition and diet instruction for preschool teachers and health care professionals; participation in and development of nutrition surveys; the provision of nutritional assessment to referred individuals and parents; and services to the ECDP as a nutrition information resource professional. Since 1974, 14 ECDPs have been placed in regions throughout Victoria to provide these dietitian services. (wz)

146 **NAL Call No: TX364.B7**
Nutrition education an integrated multidisciplinary approach.
Brown, Frieda F.
Atlanta : Georgia Dept. of Education; 1984.
3 v. : ill. ; 28 cm. Cover titles: Nutrition education for early childhood, K-4 -- Nutrition education for middle grades, 5-8 -- Nutrition education for secondary grades, 9-12. Includes bibliographies.

Language: English

Descriptors: Georgia; Children--Georgia--Nutrition--Study and teaching; School children--Food--Georgia--Study and teaching; Children--Nutrition--Study and teaching; Teaching materials; Curriculum guides; Elementary education; Intermediate education; Secondary education; Nutrition education; Health education
Abstract: Guided by goals of developing positive food attitudes, suitable eating patterns and decision-making skills relative to good nutrition practices, this nutrition education program for Georgia public schools is divided into three parts. Grades K-4 focus on understanding basic nutrition concepts, food preparation/handling, menu planning and how nutrients affect physical and mental health. Grades 5-8 focus on specific information of nutrients, cultural food habits and contributing factors to food waste in the U.S. Grades 9-12 focus on nutrition in a more scientific manner with a greater emphasis on the relationship between nutrition and health. Each unit for each level is clearly defined by objectives, and includes a variety of activity sheets and resource references. Parent and teacher/library materials references are also included.

147 **NAL Call No: TX364.N8**
Nutrition education and training program.
California Nutrition Education & Training Program
Benicia, Calif. : Benicia Unified School District; 1980.
1 v. (various pagings) : ill. ; 30 cm. California Nutrition Education & Training Program. "Benicia Nutrition Education and Training Program." -- p. 1. Includes bibliographies and indexes.

Language: English

Descriptors: Nutrition--Study and teaching--California; Teaching materials; Nutrition education; Elementary education; Lesson plans; Curriculum guides
Abstract: Extensive information and guidelines about nutrition education are presented in this set of manuals. This nutrition education program was developed by the Benicia Unified School District of Benicia, California. The program is designed to increase nutrition knowledge, develop positive

food habits, and encourage nutritious food selections. This set of manuals includes: a coordinator's component; parent component; teacher manual; and curriculum guides for first through third grade, fourth through sixth grade, and kindergarden. Diagrams, exercises, and sample charts are included. (wp)

148 **NAL Call No: 389.8 SCH6**
Nutrition education: Back to basics.
Rook, E.
Denver, Colo. : American School Food Service Association; 1985 Sep.
School foodservice journal v. 39 (6): p. 84, 88; 1985 Sep.

Language: English

Descriptors: Nutrition education; Elementary education; School food service; Program development; Nutrition information; Child nutrition
Abstract: Basic guidelines are presented for planning a school nutrition education program. Nutrition education target goals are identified for kindergarten through the grade 6 level. A sample curriculum (illustrated for grade 1) identifies the overall goal, specific student obectives, and activities involving (for grade 1) a school food service resource person covering the school's food service program to the class alone and to the class and parents at a school lunch. The program requires a coordinated effort by the school food service director, the classroom teacher, and the parents. (wz)

149 **NAL Call No: TX364.C473 F&N E-3490**
Nutrition education, choose well, be well : a curriculum guide for preschool and kindergarten.
California, Dept. of Education.
Sacramento, Calif. California State Dept. of Education; 1982.
198 p. in various pagings : ill. ; 28 cm. NET funded.

Language: English

Descriptors: Instructional materials; Preschool education; Kindergarten; Nutrition education; Curriculum; Classroom materials; Lesson plans; Learning activities
Abstract: A curriculum guide for preschool and kindergarten teaches children by using positive daily lunchroom experiences. These are reinforced by appropriate classroom activities. The value of a nutritionally adequate diet is presented. The curriculum is divided into 2 chapters. Chapter 1 introduces the reader to the curriculum, and examines its goals and organization. Instructions on use are provided. The role of nutrition education and its relationship to health are explained. Parent, community, and foodservice involvement, and teaching strategies are discussed. Chapter 2 contains 17 lessons. These lessons are designed to help students learn to make nutrition-related decisions. Procedures and necessary instructional materials for each lesson activity are provided, along with an objective, and some key facts. Six appendices are included, which cover such topics as proficiency levels for nutrition education, classroom food experiences, holiday foods, contact people and foodservice directors, and student materials which contain worksheets, puzzles, and games. (kbc)

150 **NAL Call No: LB1587.N8A7**
Nutrition education curriculum.
Arkansas. Dept. of Education
Little Rock, Ark. : The Dept., [1980?]-1983; 1980-1983.
4 v. : ill. ; 29 cm. Cover title. Funding provided by USDA, CNP, NET, Section 227.37(b)(3) PL 95-166. Includes bibliographies.

Language: English

Descriptors: Nutrition--Study and teaching (Elementary)--Arkansas; Teaching materials; Nutrition education; Kindergarten; Primary education; Elementary education; Foods; Nutrients; Food production; Sanitation
Abstract: A four volume nutrition education curriculum (K-Grade 3) designed and developed by the Arkansas Department of Education to assist teachers to facilitate nutrition education activities within existing subject areas of instruction. Curriculum units have been designed for easy interpretation and utilization for teachers with or without previous training. The framework of all 4 sections is derived from 6 major concepts with expected outcomes. These concepts are: 1) food is essential for all living things, 2) nutrition is the food you eat and how the body uses it, 3) food is made up of different nutrients, 4) all persons throughout life need the same nutrients but in different amounts, 5) food production and sanitation affects food quality and 6) eating is a behavioral activity which affect individuals socially, emotionally and physiologically. For each concept, a sub-concept, learner outcome, behavioral objective and measurement are identified. Learning activities, teacher, resources, supplementary materials and a selected bibliography is included for each grade level. (apl)

151 **NAL Call No: TX364.F61**
Nutrition education for head start and day care teachers teacher's guide.
Ford, Willie D.; Bly, Lucille
Louisiana, Dept. of Education, Bureau of Food and Nutrition Services
Baton Rouge, La? : Louisiana State Dept. of Education, Bureau of Food and Nutrition Services; 1980.
214 p. in various pagings : ill. ; 29 cm. (Bulletin ; 1603; Bulletin (Louisiana. Dept. of Education) ; 1603.). Funded by Nutrition Education and Training Act, Bureau of Food and Nutrition Services, Louisiana State Department of Education. Includes bibliographies.

Language: English

Descriptors: Louisiana; Nutrition--Study and teaching (Elementary); Day care centers--Activity programs; Teaching materials; Curriculum guides; Preschool education; Nutrition education; Day care; Federal programs
Abstract: Both federally and state funded, this curriculum guide represents the efforts of many educators in Louisiana to provide nutrition education for head start and day care students. The lessons, compiled as independent experiences, emphasize food identification and food classification. Objectives, materials needed, teacher preparation, activities, vocabulary, letters to parents, resource materials and other suggestions can be found within each lesson. Flannelboard cut-out sheets are included.

152 **NAL Call No: HV701.C51**
Nutrition education for preschoolers: The Head Start experience.
Phillips, Margaret G.
Washington : Office of Human Development Services, Department of Health and Human Services; July/Aug 1983.
Children today v. 12 (4): p. 20-24. ill; July/Aug 1983. Includes bibliographic references.

Language: English

Descriptors: Nutrition education; Head Start; Learning activities; Preschool education; Program development; Industry role; Government role
Abstract: The nutrition education component of the Head Start program is explained. Early childhood is an appropriate time to begin establishing good food habits and attitudes. Preschool education programs must take into consideration how young children learn and include parents as often as possible. Therefore, learning activities are geared to meal and snack times, focusing on family style food service reinforced by classroom activities. Cultural and ethnic roles must be considered also. Several industry-developed programs are discussed which incorporate these principles along with linkages between various government agencies that provide food programs and/or nutrition education programs. Five suggestions for teachers are given: relate nutrition learning activities to real life; share nutrition education objectives with parents; develop on-going staff education programs; involve the community in nutrition activities; and be aware of the child's stage of growth and development. (kbc)

153 **NAL Call No: TX364.W493 F&N E-4563**
Nutrition education for young children strategies and activities.
Whitener, Carole B.; Keeling, Marie H.
Englewood Cliffs, N.J. : Prentice-Hall; 1984.
vii, 198 p. : ill. ; 25 cm. A Spectrum book. Includes index. Bibliography: p. 189-[193].

Language: English

Descriptors: Teaching materials; Nutrition; Nutrition education; Recipes; Food and nutrition controversies; Preschool education
Abstract: Suggestions that caregivers in programs that serve young children can use to promote positive nutritional habits and attitudes combine nutritional theory with practical activities. Activities emphasize participation and integration of nutrition education with other curriculum goals. Initial chapters cover planning and preparing meals, and background information in feeding infants, toddlers, and preschool children. Subsequent chapters cover preparing foods with young children and recipes and cooking activities that integrate many areas of early childhood education. Final chapters discuss the caregiver's partnership with parents, and examples of controversial nutrition policy and information problems likely to be encountered in child care programs. Each chapter begins by identifying the learning objectives for that chapter, and most chapters end with a list of review activities. A bibliography and index are included. (ch)

154 **NAL Call No: TX364.N46 C-2044**
Nutrition education, grades 4-6.
Bedworth, Albert E.
New York (State) Education Dept Bureau of School Health Education and Services.
Albany, N.Y. State Education Dept; 1979.

74 p. (Health education, physical dimension of health). Bibliography: p. 62-69.

Language: English

Descriptors: Nutrition education; School children (6-11 years); Curriculum development; Elementary school curriculum; Lesson plans; Teaching guides; Growth; Food selection; Nutrient requirements; Basic nutrition facts
Abstract: Teachers of grades 4-6 can use this guide for curriculum development at the school district level and for daily lesson planning. Each lesson topic has a terminal objective and is divided into subtopics with an enabling objective, learner activities, and teacher information. Key nutritional concepts, grade placement evaluation, and evaluation of learner comprehension are outlined. Topics cover food and society, food selection, how the body uses food, energy needs and sources, and protein and growth.

155 NAL Call No: TX364.N83
Nutrition education handbook (for adults).
Meals for Millions Foundation
United States? : Meals for Millions Foundation, [197-?]; 1970-1979.
37, [3] p. (1 folded) ; 28 cm. Cover title.

Language: English

Descriptors: Nutrition--Study and teaching; Teaching materials; Lesson plans; Nutrition education; Menu planning; Infant feeding; Child nutrition; Cooking instruction; Nutrient deficiencies
Abstract: This nutrition education handbook presents information to aid in the nutrition education of adults. Food, nutrition, and health are the first topics covered. Other topics presented are basic food, meal planning, cookery science to conserve nutrients, nutrient deficiencies, and food hygiene. A special nutrition section covers the areas of infant feeding, nutrition for preschool children, and nutrition during pregnancy and lactation. Each chapter begins with the aim of the chapter, appropriate teaching methods, and specific teaching materials to be used with the topic. Finally, a list of 25 basic nutrition information items, proposed by the World Health Organization, is presented.

156 NAL Call No: TX364.N887
Nutrition education ideas for school food managers.
Georgia, Dept. of Education, United States, Dept. of Agriculture
Atlanta : Georgia Dept. of Education; 1980.
5 v. : ill. (some col.) ; 28 cm. Funded by U.S. Dept. of Agriculture under Public Law 95-166.

Language: English

Descriptors: Nutrition--Study and teaching--Georgia; Reference works; Nutrition education; Program development; Guidelines; Learning activities; School food service; School children
Abstract: Nutrition education activities that school food service personnel can use to promote good nutrition to school children are introduced in this series of phamphlets from the Georgia Nutrition Education and Training (NET) program. Guidelines are provided for enhancing the success of nutrition education and training programs; for getting school staff and administrators more involved in promotional activities; and for encouraging food service personnel to improve personal dietary practices. A different set of activities that considers specific characteristics of the particular age group is described for children in 1) kindergarten through grade 2, 2) grades 3 through 5, 3) grades 6 through 8, and 4) grades 9 through 12. A separate brochure outlines general guidelines and project ideas for initiating parental involvement in nutrition education programs in local school systems.

157
Nutrition education: It's a winner.
Zuber, Shelley; Moerchen, Barbara Dommert
Denver, American School Food Service Association; Aug 1979.
School foodservice journal v. 33 (7): p. 63-66. ill; Aug 1979.

Language: English

Descriptors: Nutrition education; Recommended Dietary Allowances; Food attitudes; Food consumption; School lunch programs; Food knowledge; Foods instruction
Abstract: A program funded by the Nutrition Education and Training Section of the Child Nutrition Bill teaches basic nutrition skills to elementary and secondary school children. "Big Ideas in Nutrition Education" is promoted in Arkansas and Texas by the Arkansas Department of Education, the Texas Education Agency, and Dairy Council, Inc. (DCI) of San Antonio. Teachers who take part in the program are trained by a DCI nutrition consultant. Food consumption data from a teenage unit showed a marked increase in the number of students who included recommended minimum ser-

vings in their daily food selections. Students who were taught "Big Ideas" by DCI trained teachers averaged 86% or better on posttests vs. pretests. The program is implemented in four units: 1) "Little Ideas" or the preschool unit; 2) "Balanced Meals"; 3) "Daily Food Choices"; and 4) "Teenage Nutrition Program".

158 NAL Call No: TX364.M65 F&N E-2667
Nutrition education K-6.
Montana Office of Public Instruction Division of School Food Services.
Helena Office of Public Instruction; 1979.
64 p.

Language: English

Descriptors: Nutrition education; Preschool children (2-5 years); School children (6-11 years); Instructional aids; Instructional materials; Teaching guides; Learning activities
Abstract: Learning experiences in nutrition education are described for elementary school teachers who wish to include nutrition in other subject areas or as a separate unit. Nutrition concepts are presented with related behavioral objectives, instructional aids, and learning experiences; possible areas for subject integration are also suggested. An appendix containing picture matching activities, nutrition songs, and recipes is included. The addresses of companies and agencies which supply resource materials are listed.

159 NAL Call No: TX364.N788 F&N B-3673/74
Nutrition education learning modules for pregnant adolescents, expectant fathers, school-age parents and their families.
Student-Parent Center (Ann Arbor, Mich.)
Ann Arbor, Mich. Student-Parent Center; 1980.
13 v. in 1 : ill. ; 29 cm. NET funded.

Language: English

Descriptors: Instructional materials; Study guides; Nutrition education; Pregnancy and nutrition; Pregnant adolescents; Adolescents (12-19 years); Adolescent nutrition; Maternal nutrition; Prenatal nutrition; Infant nutrition; Basic nutrition facts; Diet improvement; Guidelines
Abstract: A collection of nutrition education materials provides practical guidance and basic nutrition facts aimed at improving nutrition and dietary habits of pregnant adolescents, school-age parents, expectant fathers, and their families. A total of 12 learning modules are included. Each module is comprised of basic health and nutrition information, quizzes (and answers) to test nutrition knowledge and practices, educational aids, and resource references for further study. The modules cover topics such as the importance of keeping track of what is eaten, information on key nutrients, guidelines for and benefits of using vegetarian diets, the pros and cons of fast foods, prenatal nutrition, food and nutrition myths, breastfeeding instructions and its benefits, infant feeding of solid foods at various ages, aids for feeding the toddler or preschooler, postnatal nutrition, and information for improving consumer awareness. The modules also include safety precautions and a variety of special pamphlets. A teaching guide precedes the modules. (wz)

160 NAL Call No: TX364.V52 F&N B-2611
Nutrition education manual designed for use by principals, teachers and school food service managers.
Virginia Polytechnic Institute and State University Cooperative Extension Service.
Blacksburg VPISU; 1979.
(339) p. : ill. Bibliography: p. 325-336.

Language: English

Descriptors: Basic nutrition facts; Nutrition education; Instructional materials; Class activities; Teaching guides; Elementary education; Preschool education; Workshops; Lesson plans; Curriculum guides
Abstract: A manual to guide the teaching of nutrition education courses in schools through grade 6 provides information on the major food groups, vitamins and minerals, trace elements, and other important nutrients. Six workshop exercises are included, dealing with nutrition and health, nutrition education techniques, energy and activity patterns, food habits, food fads, and school food service management. The final section is a teaching manual based on the concepts of the White House Conference on Food, Nutrition and Health. Each lesson plan is based on one of the seven nutrition concepts, and includes behavioral objectives, learning activities, exercises, readings, reference information, and visual aids. A glossary and a list of children's books on nutrition also are included.

161 NAL Call No: TX341.J6
A Nutrition education program for preschool children.
Davis, Susan S.; NUEB; Bassler, Eunice M.; Anderson, Judith V.; Fryer, Holly C.
Oakland : Society for Nutrition Education; March

1983.
Journal of nutrition education v. 15 (1): p. 4-5. charts; March 1983. Includes 4 references.

Language: English

Descriptors: Nutrition education; Preschool children (2-5 years); Child care workers; Curriculum; Nutrition concepts; Instructional materials
Abstract: A nutrition education curriculum for preschool caregivers was developed: to offer a programmed self-instructional unit in basic nutrition to child caregivers; to incorporate nutrition education into existing parts of a typical preschool day; and to provide learning activities which help preschool children relate food and nutrients to health. Materials were prepared using 3 concepts appropriate for children 2-5 years of age: nutrients are found inside of food; nutrients have special jobs in the body; and after foods are eaten they do their special jobs in the body. A set of 6 cloth models (representing 1 food source for each nutrient) was developed to facilitate teaching the relationship between food and nutrients. (kbc)

162 NAL Call No: TX364.N868 F&N E-3667
Nutrition education through the arts: teacher materials for a series of ten plays designed to teach children aged 4-8 all about food and it's (sic) relationship to good health.
Lasswell, Anita B.
Rhode Island, Dept. of Education.
Providence Rhode Island Dept. of Education; 1980.
(64) p. : ill. (Nutrition Education and Training Program). Includes Parent involvement sheets p. (55-64). NET funded. Includes bibliographies.

Language: English

Descriptors: Instructional materials; Teaching guides; Elementary grades; Dramatic play; Nutrition education; Learning activities; Foods instruction; Nutrition concepts; Basic nutrition facts
Abstract: Background information on 10 nutrition plays and related activities are provided for teachers of children in the 4-8 age group. A story line is described for each play and the nutrition concepts embodied are identified. Learning activities for preschool and primary school children include cooking lessons, food identification games, vegetable growing, story writing, etc. Further resources and techniques for parent involvement are suggested. The emphasis is on using a positive and enjoyable approach to help children build good eating habits at an early age. (cj)

163 NAL Call No: TX361.W55S33 1982
Nutrition education training manual.
Schock, Cathie
Bismarck, N.D.? : North Dakota State Dept. of Health, Division of Maternal and Child Health, WIC Program; 1982.
4 v. in 1 : ill. ; 29 cm. Cover title. At head of title: North Dakota Special Supplemental Food Program for Women, Infants and Children. Includes bibliographies.

Language: English

Descriptors: North Dakota; Special Supplemental Food Program for Women, Infants, and Children--North Dakota; Nutrition--Study and teaching--North Dakota; Nutrition programs; Women; Infants; Children; Feeding habits; Nutritional requirements; Breast feeding; Pregnancy; Infant formula; Pregnant women; Lactating women
Abstract: Optimal nutrition for pregnant and lactating women, infants, and young children is discusses in this nutrition education training manual developed for the North Dakota Special Supplemental Food Program for Women, Infants, and Children (WIC). Units are titled 1) nutrition during pregnancy, 2) breastfeeding, 3) infant nutrition, and 4) preschool child nutrition. Topics discussed in the pregnany unit include physiological changes occurring during pregnancy, weight gain, fetal growth and development, nutrient needs, common problems, and high risk pregnancies. Aspects of breastfeeding include the physiology of lactation, advantages of breastfeeding, causes and treatments of common nursing problems, and nutritional guidelines. Nutrient needs of infants 0 to 6 months and 6 to 12 monts are examined. Feeding problems (i.e. vomiting, diarrhea, dehydration, allergies, jaundice, nursing bottle syndrome, botulism, teething) and recommended treatments are described. Nutrition guidelines and feeding behaviors and problems of preschool children are outlined. Each unit includes a list of objectives, pre- and post-tests and answer keys, study guide, bibliography, and appendices. Numerous tables, diagrams, and illustrations supplement the text material. (aje)

164 NAL Call No: TX364.N875
[Nutrition education workshops for child care providers].
Nutrition Education and Training Program (U.S.)
S.l. : s.n.; 1983.
2 folders : ill. ; 30 cm. NETP CC Training. Spring

1983.

Language: English

Descriptors: Child care workers--Nutrition--Study and teaching; Nutrition--Study and teaching; Reference works; Lesson plans; Training; Workshops; Nutrition education; Child careproviders
Abstract: Resource materials used during a 1983 two-day Nutrition Education and Training Program Workshop for Child Care Providers are organized in this binder. The workshop was designed for child care teachers, directors, administrative staff, food service personnel, and family day care home providers. Materials for each day of the workshop include 1) an agenda, 2) a content outline (topics, activities, handouts/visual aids), 3) lesson plans, 4) handouts and transparencies, 5) worksheets, and 6) instructional guidelines. The subject of day one of the workshop was cost control; topics include 1) using precosted cycle menu planning to control costs, 2) getting what you order during purchasing, 3) writing specifications, and 4) preparing mixes and using USDA commodities in child care centers. Day two focuses on new nutrition ideas for child care programs; topics include 1) the influence of television on children's eating habits, 2) diet and hyperactivity, and 3) methods for teaching children about nutrition. Instructions for skits, demonstrations, and additional learning activities used during the workshop are also outlined.

165 NAL Call No: TX364.N8334 F&N E-4145-48
Nutrition education/training, child care food programs.
Forward Services Inc.
Boston Mass. Forward Services Inc; 1981.
4 v. : ill. (some col.) ; 28 cm. NET funded. Includes bibliographies.

Language: English

Descriptors: Instructional materials; Teacher education; Workshops; Nutrition education; Child nutrition; Resource materials; Food service training; Preschool children (2-5 years)
Abstract: A set of workshops, designed for staff, administration and parents of Day Care/Head Start facilities, promote: increased nutrition knowledge, use of meal preparation and meal times as educational experiences, integration of nutrition education into the Day Care curriculum and improvement of personnel skills in maintaining high standards of meal quality and service. Four categories of workshops are provided: Update on Nutrition and the Preschooler, Nutrition Teaching Techniques and Resources, Food Service Competencies and Nutrition for Children with Special Needs. Instructors plans, participant materials, evaluation and follow-up materials are provided. (js)

166 NAL Call No: TX364.N798 F&N B-3334
Nutrition for preschoolers : a teacher's handbook for introducing nutrition education into preschool curriculum.
Contra Costa County Day Care Nutrition Education Project (Calif.)
Martinez, Calif. Contra Costa County Dept. of Health Services; 1980.
viii, 127 leaves : ill. ; 30 cm. NET funded. Bibliography: leaves 118-127.

Language: English

Descriptors: Instructional materials; Preschool education; Lesson plans; Classroom materials; Learning activities; Basic nutrition facts
Abstract: Lesson plans, designed to integrate nutrition education into learning experiences typically found in a preschool setting, enable learners to master minimum proficiencies in California's health instruction framework. Forty-five activities are divided among 5 content areas: food choices, factors influencing choices, food-related careers, consumer competencies and food handling. Each activity plan lists the objective, new vocabulary word(s), materials needed, procedures, evaluation methods and additional activities. Some lesson plans are appropriate for holiday seasons. (js)

167 NAL Call No: TX364.R9 1980 F&N B-2529
Nutrition for teachers, preschool and elementary grades.
Rye, James; Hunt, Barbara Novak; Wolfe, Linda
University Park Pennsylvania St. U.; 1980.
(374) p. : ill. Includes Leader's guide.

Descriptors: Basic nutrition facts; Maternal nutrition; Infant nutrition; Foods; Nutrients; Diets; Growth; Elementary school students; Preschool children (2-5 years); Nutrition education; Instructional materials; Classroom materials; Nutritional labeling; Labeling
Abstract: The student packet and teacher's guide of an 18-session course is presented for classwork in preschool and elementary grades studying nutrition. The sessions cover nutrient composition and the needs of man, food energy and weight control, calories, adequate diet selection and carbohydrates, proteins and amino acids, lipids,

obesity, vitamins and minerals, pregnancy, lactation, infancy, growth, aging and nutrition, food labeling, food processing, and water. Test answer keys are included.

168 NAL Call No: TX364.N92 F&N E-3931
Nutrition for the future : teacher's handbook, grades 4-6.
Minnesota, Dept. of Education.
St. Paul, Minn. Minnesota Dept. of Education 1980; 1980.
1 v. (various pagings) : ill. ; 28 cm. NET funded.

Language: English

Descriptors: Instructional materials; Grade 4; Grade 5; Grade 6; Teacher developed materials; Nutrition education; Integrated curriculum; Nutrient sources; Nutrient functions; Cultural factors; Consumer education
Abstract: Over 50 teacher-developed interdisciplinary lesson plans integrate nutrition education into health, science, language arts and social studies. One or more sessions lasting 15-50 minutes, are designed for each lesson plan. Suggested activities meet stated instructional outcomes and explore the following concept areas: food groups, cultural foods, consumerism, and nutrients. (js)

169 NAL Call No: TX364.P43 F&N E-3119
Nutrition in a changing world.
Marbach, Ellen S.
Pennsylvania State University College of Human Development
University Park, PA. Pennsylvania State U.; 1978.
352 p. : ill. Includes bibliographies.

Language: English

Descriptors: Nutrition education; Learning activities; Learning experience; Basic nutrition facts; Kindergarten; Preschool curriculum; Senses; Animal sources of food; Plant sources of food; Food habits; Consumer education
Abstract: The preschool nutrition curriculum includes 29 units designed to assist children (ages three, four, five) to become; 1) informed nutrition consumers; 2) persons who enjoy food; 3) wise snackers; 4) aware of nutrient values, food sources, and intake ratios; 5) critical selectors who are aware of variety importance. Emphasis is placed on sensory experiences, critical decision-making in food choices, and using vocabulary to discriminate between foods. Each unit contains rationales, objectives, teacher's notes, activities, optional activities, and suggestions for student involvement in experiential learning. All subject matter areas are integrated in the curriculum. Basic curriculum rationale views the preschool child as one with eating habits that are not fixed and who is impressionable and without food biases. These children are the best age group to educate nutritionally.

170 NAL Call No: TX364.P46 F&N E-3171
Nutrition in a changing world : a curriculum for preschool.
Marbach, Ellen S.; Plass, Martha; O'Connell, Lily Hsu
Pennsylvania State University College of Human Development.
Provo, Utah Brigham Young U. Press; 1979.
175 p. : ill. ; 28 cm.

Language: English

Descriptors: Early childhood education; Preschool education; Kindergarten; Nutrition education; Child nutrition; Food selection; Food habits; Consumer education; Food preferences; Learning activities; Preschool curriculum
Abstract: The preschool, nutrition curriculum includes twenty-nine units designed to help the child become: 1) an informed nutrition comsumer; 2) a person who enjoys food; 3) a wise snacker; 4) a person aware of food values, food sources, and food ratios; 5) a critical food selector aware of the importance of environment and meal variety. Units are taught in the sequence presented. Each unit includes a rationale, prerequisites, pre- and post-assessment tests, objectives, activities and alternatives, suggestions for teacher designed and additional activities, notes on nutrition information, and resources.

171 NAL Call No: TX364.P49 F&N E-3412
Nutrition in a changing world, leader's guide.
Marbach, Ellen S.
Pennsylvania State University College of Human Development.
University Park Pennsylvania State U.; 1979.
1 v. (various pagings). Packet A and packet B.

Language: English

Descriptors: Nutrition education; Inservice teacher education; Workshops; Preschool education; Elementary school curriculum; Intermediate grades; Teaching guides; Curriculum guides
Abstract: The directions and curriculum for inservice nutrition education are presented for workshop leaders. Sample activities and lessons are described which kindergarten, primary, and inter-

mediate level teachers can use to teach nutrition concepts in the classroom. For example, children can learn to combine a variety of foods into a balanced meal by making kabobs from the 4 basic food groups. Tests on which evaluation can be based and activity sequences for each grade level are included.

172 **NAL Call No: 389.8 AM34**
Nutrition in a private day care center.
Domer, Jane A.; JADAA
Chicago : The Association; March 1983.
Journal of the American Dietetic Association v. 82 (3): p. 290-293. charts; March 1983. Includes 11 references.

Language: English

Descriptors: Nutrition education; Child care; Child care workers; Sanitation; Food preparation; Obesity; Dental caries; Iron-deficiency anemia
Abstract: Nutrition education was improved for the staff and children of a day care center when a 4-week nutrition unit was taught to the 4-5 year olds and a separate unit taught to staff. Sanitation was emphasized in the food preparation area. Obesity, iron deficiency anemia, and dental caries were the topics explained to the director, teachers, and children. As a result of this trial training program, efforts are now being made at the state level to improve child day care nutrition standards. Recommendations are included for menu planning, foodservice, and nutrition education. (kbc)

173 **NAL Call No: TX364.N7**
Nutrition in action a creative dramatics nutrition minicourse for grades four - six.
Mancinelli, Angela
Connecticut Nutrition Education and Training Program, United States, Food and Nutrition Service
Storrs, Conn. : Dept. of Nutritional Sciences, College of Agriculture and Natural Resources, University of Connecticut; 1983.
1 portfolio : ill. ; 30 cm. Funding from the United States Department of Agriculture, Food and Nutrition Service, Nutrition Education and Training Program. At head of title: CNETP, Connecticut Nutrition Education and Training Program. Cover title: Nutrition education.

Language: English

Descriptors: Nutrition--Study and teaching (Elementary)--Connecticut; Teaching materials; Curriculum guides; Primary education; Nutrition; Protein requirement; Ascorbic acid; Iron
Abstract: "Nutrition in Action" is a creative dramatic nutrition minicourse for elementary school children, grades 4 to 6. The program consists of ten 30-45 minute lessons designed for use in the science and health curriculums. It provides an introduction to body function as they pertain to eating and nutrient utilization. The major topics covered in the program include: the food sources and functions of protein, iron, and vitamin C; and the importance of breakfast. Knowledge-retention tests are included in the program. (lsp)

174 **NAL Call No: TX364.K6 F&N B-3492**
Nutrition in health : an instructional package for grades K-6.
Koeppe, Karen
Madison, Wis. Wisconsin Nutrition Education and Training Program 1981?; 1981.
iv, 106 leaves : ill. ; 30 cm. + 2 booklets in pocket. NET funded.

Language: English

Descriptors: Instructional materials; Elementary grades; Nutrition education; Health education; Food habits; Nutrient requirements; Nutrition Education and Training Program
Abstract: To help children make informed food choices and be responsible for their personal nutritional health; an instructional package integrates nutrition (K-6) education into the major health education areas: mental health, physical health, safety, and community health. Twenty lessons (2 for kindergarten; 3 each for grades 1-6) contain activities that are written in a structured fashion (e.g., what kind of foods do you eat for snacks) and measurable objectives to evaluate learning (e.g., concept of a nutritious snack). Materials include recipe cards, student worksheet/handouts, parent letters, and supplementary references. Concepts and generalizations are provided for teachers who want to create their own lessons. (kbc)

175 NAL Call No: TX364.N884 1981 F&N E-3792
Nutrition notebook, lesson plans for preschool teachers / Nancy Chapman ... (et al.).
Chapman, Nancy
Lewisburg, Pa. Central Susquehanna Intermediate Unit; 1981.
257 p. : ill.

Language: English

Descriptors: Instructional materials; Preschool edu-

cation; Nutrition education; Lesson plans; Basic nutrition facts; Foods instruction
Abstract: Lesson plans for teachers of preschool children are divided into 5 sections: Fall, Holidays, Winter, Spring, and Summer. Each section contains several lessons with seasonally appropriate themes, color coded and arranged in order of complexity. Included in each lesson are: objectives; key nutrition concepts; materials needed; activities; procedures and methods for evaluation. Three teacher-directed and 3 home activities are provided in each lesson. The appendices include a vocabulary list, supplemental classroom activites, nutritious snack suggestions with recipes, nutrient information, daily food guides for children, safety rules for food preparation, and a glossary of terms. (js)

176 NAL Call No: TX341.J6
Nutrition rapping.
Trainor, Joyce; JNUEB
Oakland : Society for Nutrition Education; June 1983.
Journal of nutrition education v. 15 (2): p. 60. ill; June 1983.

Language: English

Descriptors: Music; Music activities; Nutrition education; Preschool children (2-5 years); Preschool programs; Minority groups; Learning activities; Food groups; Elementary school students; High school students
Abstract: A "rap song" was designed for preadolescent minority children attending a 4-H day camp. The rap song, which has 14 rhymed couplets and a concluding phrase, is similar to a drill-team routine. Each line is chanted by leaders and repeated by the children. The song's objective was to develop interest in and create enthusiasm for nutrition lessons focusing on the 4 food groups; use of the song allows children to participate in an active learning and sharing experience with their peers. There are many other possibility settings, from primary grades to junior high levels, where the rap song could be used to spark an interest in nutrition. (kbc)

177 NAL Call No: TX364.M34
A nutrition resource for head start home visitors.
Malmgren, Lois Morris
Greensburg, Penn. (900 Greengate North, Greensburg 15601) : Westmoreland County Head Start Program; 1986.
iii, 163 p. : ill. ; 28 cm. Includes index. Bibliography: p. 158.

Language: English

Descriptors: Pennsylvania; Nutrition--Study and teaching; Head Start programs; Reference works; Nutrition education; Preschool education; Parent participation; Food preparation; Eating habits; Health; Food purchasing; Recipes
Abstract: Designed to be used by the paraprofessional as a reference and resource for developing and implementing nutrition education plans for families, this manual emphasizes the relationship between nutrition and health. Ways to develop and maintain sound nutritional habits are also stressed. Although specifically designed for use with low income families with preschoolers by Head Start Home Visitors, the material is adaptable for similar uses. Understanding eating habits, nutritional status assessment, general nutrition information, food preparation, nutrition during the life cycle, and nutrition-related health problems represent some of the broad topics addressed. Included are several activities and recipes.

178 NAL Call No: TX364.N87
Nutrition super stars interim report : Nutrition Super Stars Program and Arizona Nutrition Education and Training Program, Nutrition Education Regional Resource Centers, October 1, 1980-October 31, 1981.
Davidson, Meg
Phoenix, Ariz.? : Nutrition Education and Training Program, Food and Nutrition Division-Arizona Department of Education?, 1981?; 1981.
viii, 79 p. : ill. ; 28 cm. Cover title. A.G. contract no. 1587, ADE no. 187. Bibliography: p. 69.

Language: English

Descriptors: Arizona; Nutrition--Study and teaching--Arizona; Reference works; Curriculum guides; Nutrition; Fitness; Elementary schools; Resource materials; Net program
Abstract: Objectives, activities, and outcomes associated with two projects funded by a Nutrition Education and Training Program (NET) grant from the Arizona Department of Education are summarized in this interim report. Projects, conducted by the Nutrition Super Stars project staff at the University of Arizona, were 1) the revision and field-testing of the Nutrition Super Stars curriculum kit and 2) operationalization of Arizona's NET regional resource centers. The Nutrition Super Stars curriculum kit promotes a team-based approach to nutrition and fitness education for

elementary students. It consists of a team member curriculum guide, student activity spiritmaster workbook, photocopy masters for parent newsletters, and 20 lesson plans with training information and student activity suggestions. The revised curriculum kit was field-tested by 50 fifth and sixth grade classes in 22 Arizona schools. Evaluation components include 1) behavioral survey change data; 2) analysis of pretest/posttest knowledge and attitude change scores; and 3) evaluations of the program by teachers, administrators, parents, and students. Operationalization of the Arizona NET regional resource centers consisted of reorganizing five existing centers and establishing two new centers. Standardized procedures for holdings and loan protocols were established. A catalogue of resource center materials, and brochures and press releases publicizing the centers were developed.

179 **NAL Call No: TX1.H63**
Nutritional understanding of preschool children taught in the home or a child development laboratory.
Lee, Thomas R.; Schvaneveldt, Jay D.; Sorenson, Anne W.
Washington, D.C. : American Home Economics Association; 1984 Sep.
Home economics research journal v. 13: p. 52-60. charts; 1984 Sep. Includes 29 references.

Language: English

Descriptors: Nutrition education; Preschool children; Nutrition; Teaching methods; Learning; Children; Statistical methods
Abstract: A 12-item nutriton test assessed the utility of teaching nutrition concepts to preschool children in a child development laboratory or at home (20 children in each groups) vs. a control group of 20 preschool children receiving no nutrition education. The curriculum was based on nutrient density and employed the Index of Nutritional Quality. Pretest and posttest scores indicated that the children in both the test groups improved their nutrition knowledge over the control group as a result of the curriculum demonstrating that preschool children are capable of learning basic nutrition concepts. (wz)

180 **NAL Call No: LB1025.I4 F&N**
Nutrition--Peer education project.
Cote, Pat
Urbana, University of Illinois at Urbana-Champaign; Jan/Feb 1980.
Illinois teacher of home economics v. 23 (3): p. 140-142; Jan/Feb 1980.

Language: English

Descriptors: Nutrition education; Nutrition concepts; Teaching techniques; Peer teaching; Adolescents (12-19 years)
Abstract: A project to aid teenagers in Illinois to become aware of the importance of nutrition was based on providing young people with an understanding, sparking interest in a balanced diet, providing up-to-date nutrition information, and helping students evaluate nutrition information. Teachers chose 22 Peer Educators, using these criteria: completion of a food and nutrition course, plus a high level of interest or ability; above average academic ability; leadership potential; active membership in FHA/HERO; commitment to serve as a Peer Educator for 2 years and to present at least 3 programs during the first year; attendance at all training sessions; and a teacher sponsor with time and interest to work with the peer educator. When all criteria were carefully met, Peer Educators were extremely successful. Most have concentrated on peer programs, but others developed programs to be used in elementary schools, for preschoolers, and community groups. The project currently plans to have Peer Educators establish local Nutrition Peer Education Teams, to allow greater opportunities for nutrition education among teenagers.

181 **NAL Call No: TX361.C5O44**
Off to a good start for family day care.
Nutrition Education and Training Program (Tex.)
Austin, Tex. : Texas Dept. of Human Resources, Nutrition Education and Training Program, [1986?]; 1986.
1 v. (various pagings) ; 28 cm. Cover title. Bibliography: p. 21a.

Language: English

Descriptors: Children--Nutrition; Family day care--Food service; Teaching materials; Professional education; Nutrition education; Child day care; Menu planning; Net program
Abstract: The objectives of this Nutrition Education and Training (NET) program are: to inform day care providers about the importance of nutrition and health, to discuss practical ways to use this nutrition information and to utilize basic nutrition information in menu planning. Goals set forth for program participants include: to recognize children's diet-related health problems; to use the

basic four food groups to plan meals; and to practice guidelines at meals which can affect children's eating habits. A description of the nutrients and their functions, guidelines for healthy food patterns, common nutritional problems of young children, required amounts of food to serve to children, a menu planning checklist, and important things to remember at mealtime are provided as handouts. Activities such as word scrambles, word match-ups, and menu planning are given. The appendices include various activities for children, information about the NET library, and information on purchasing materials.

182 **NAL Call No: TX341.J6**
Parent involvement in nutrition education for primary grade students.
Kirks, Barbara A.; JNUEB; Hendricks, Deloy G.; Wyse, Bonita W.
Oakland : Society for Nutrition Education; Dec 1982.
Journal of nutrition education v. 14 (4): p. 137-140. charts; Dec 1982. Includes 22 references.

Language: English

Descriptors: Nutrition education; Elementary school curriculum; Parent participation; Cognitive processes; Nutrition knowledge; Nutrient intake; Food selection; Food habits
Abstract: A nutrition education program was implemented in 3 elementary schools (K-3) which were statistically matched for socioeconomic status and comparability of teachers etc. At the first school, the parents participated in the program; at the second, only the children participated. The third school was used as a control. Results from a 24-hour food frequency recall conducted at the end of 4 months reported that participating parents said that their children consumed a high quality diet and a wider variety of foods compared to students in either of the other schools. Cognitive scores for kindergarten and first grade students whose parents participated in the program were higher than the other students' scores. The findings support the importance of parent education to achieve positive food behaviors in a nutrition education program. (kbc)

183 **NAL Call No: TX364.P29 F&N E-3996**
Parents and children, good nutrition partners.
Iowa State University, Cooperative Extension Service.
Ames, Iowa Cooperative Extension Service, Iowa State University; 1979.
1 portfolio ; 29 cm. NET funded. Pm-918, October 1979.

Language: English

Descriptors: Instructional materials; Parent education; Nutrition education; Basic nutrition facts; Consumer education; Weight control
Abstract: Eight nutrition education lessons, directed to parents of first grade children, provide information on the following topics: lesson 1--rationale for eating and good nutrition; minerals, vitamins and water; lesson 2--nutrients-carbohydrate, protein and fat; lesson 3--nutrient needs; RDA's; nutrient density; lesson 4--hunger, appetite; eating habits; lesson 5--meal patterns and adaptations; lesson 6--Basic Four; food preparation and safety; lesson 7--consumer education; budgeting, shopping; and lesson 8--weight control. Lessons are four pages long and contain text, supplemental charts and graphs. (js)

184 **NAL Call No: TX364.R34 F&N E-3279**
Parents and preschoolers, a recipe for good nutrition.
Randell, Jill; Olson, Christine
Ithaca, N.Y. Cornell U.; 1979.
30 p. : ill.

Language: English

Descriptors: Nutrition education; Instructional materials; Preschool children (2-5 years); Parents; Food habits; Bilingual education; Spanish (Language)
Abstract: Using beautiful photographs to emphasize the points, basic facts about encouraging good nutrition habits in small children are presented. Questions about each fact and possible answers are included, but the user is encouraged to think of more himself. Feed the child small, nutritionally-sound attractive meals in a pleasant environment. Encourage him to eat by praising him when he finishes, rather than forcing food and tempting him with rewards. Avoid sweets and too much salt and don't be swayed by television commercials. Children enjoy food more if they help prepare it and if someone sits with them when they eat. The information is presented in Spanish also.

185 **NAL Call No: TX364.E38 B-3196**
Peanut butter and pickles : a nutrition program for pint size people.
Ehlert, Joy; Johnson, Jody; Caughey, Carol
Humboldt County (Calif.), Office of Education.
Eureka, Calif. (901 Myrtle Ave., Eureka, Calif.

95501) Humboldt County Office of Education; 1981.
xviii, 407 p. : ill. ; 30 cm. NET funded. Includes enclosures in pockets. Loose-leaf. Bibliography: p. xv-xviii.

Language: English

Descriptors: Instructional materials; Elementary grades; Nutrition education; Classroom materials; Lesson plans; Basic Four; Nutrients; Consumer education; Food habits; Food handling
Abstract: A comprehensive nutrition education package, designed for use within basic school curriculums, contains lesson plans for grades 1 through 6. The lessons are especially suitable for schools in rural areas and are divided according to 5 concept areas: food choices and their relation to optimum health, factors influencing food choices, food related careers, consumer competencies, and food handling. Each lesson's format includes: factual information for the teacher, objectives, procedures and materials needed, a food experience, a values awareness and clarification activity and supplemental enrichment activities. Other materials provided include activity sheets, bulletin board ideas, games, recipes, and a parent/community involvement section providing nutrition information for parents, reinforcing activities for parents and children and newsletter ideas.

186 **NAL Call No: Z5814.F7B39**
Picture books for preschool nutrition education a selected annotated bibliography.
Bayle, Louise
Lexington, mass. : The Author; 1987.
iii, 32 p. ; 28 cm.

Language: English

Descriptors: Children--Nutrition--Bibliographies; Nutrition--Study and teaching (Preschool)--Bibliography; Reference works; Bibliographies; Preschool children; Nutrition education; Illustrations
Abstract: This annotated bibliography lists and describes over 130 picture books for children, ages 2 to 6. The bibliography includes author, publisher, date and price, if available for purchase. Story books were selected for having themes in which food and food-related activities play some important role, e.g., gardening, farming, fishing, and the market. Also included are stories about what animals eat; cooking; social and cultural aspects of food and eating and nonsense tales and rhymes about food. All books listed are in hardcover unless otherwise indicated. The annotated books are also listed by author, type of literature and in two categories: 1) when food comes from and 2) social and cultural aspects of food and eating.

187 **NAL Call No: TX652.P52 F&N AV**
Picture recipes for beginning cooks.
Maryland, Dept. of Health and Mental Hygiene.
Annapolis, Md. Maryland Dept. of Health and Mental Hygiene 1979?; 1979.
103 recipe cards. PMA-DHMH-79.

Language: English

Descriptors: Instructional materials; Preschool education; Recipes; Food preparation, home; Nutrition education
Abstract: Eight picture card recipe sets (banana orange tree salad, banana orange beverage, tossed salad, peanut butter on cabbage, deviled egg, cream cheese balls, carrot and pineapple salad, fruit salad) are designed to provide positive food experiences for preschool children. Illustrated steps of each recipe are simplified, sequential black and white drawings of skills suitable for 3 year olds. Each recipe set is accompanied by a teacher's instruction card listing the appropriate age range and season for the activity, ingredients and equipment needed, safety and sanitation notes, nutrition information, and sensory experiences provided. (js)

188 **NAL Call No: TX341.C64 F&N**
The Play's the thing.
Northup, Lindelle Clark; Lasswell, Anita B.
Washington, D.C., Community Nutrition Institute; May/June 1983.
The Community nutritionist v. 2 (3): p. 13-17. ill., charts; May/June 1983.

Language: English

Descriptors: Nutrition education; Elementary school students; Preschool education; Nutrition Education and Training Program; Dramatic play; Teaching techniques
Abstract: The Rhode Island NET program funded a project known as Nutritional Education Through the Arts which spent $9700 for 40 performances, costumes, and props. The project was designed to augment and reinforce teacher training in nutrition education by motivating children through direct participation in live drama. An activities manual was designed to assist teachers with follow-up ideas as well as parent projects. The play about vegetables calls for children to be dressed as

vegetables while actors explain the foods' nutritional composition, why they were good to eat, and how to prepare them; cut-up carrots were served after the performance. Primary grade follow-up materials were designed to be integrated into the curriculum; pre-school activities were incorporated into lessons about color, shape, size, texture, and food identification. Randomly selected sites received questionnaires, which were sent home to parents, 89% of whom responded that the children had discussed the play with them. About 40% respnded that their children had learned a specific nutrition concept, a willingness to try new foods, choose better snacks, eat more slowly, and wash hands more frequently. Over 75% found the information sheets useful. (kbc)

189 NAL Call No: TX364.S23 F&N E-3431
Please pass the nutrition : curriculum guide for grades 1-2.
San Jose, Calif Unified School District Food Division.
San Jose, CA. Unified School District; 1979.
234 p. : ill. (San Jose Nutrition Education Project).

Language: English

Descriptors: Curriculum guides; Nutrition education; Diet improvement; Learning activities; Lesson plans; Basic nutrition facts; Food attitudes; Diet patterns; Grade 1; Grade 2; Type A lunch
Abstract: A curriculum guide to teach and improve food habits in first and second graders uses lesson plans that encourage the study of nutrition in the classroom. Program activities support cognitive, affective and action learning of basic nutrition principles, positive nutrition attitudes and healthy diet practices. Each lesson describes objectives, required teaching materials and time, teacher information and instructional aids. Examples of creative nutrition lessons are "How Food Turns Into You", "Magnificent Meat Group Foods", "Fruit Search", and "I Tried It|" Other topics discuss the Type A school lunch, children as consumers and growing plants. Worksheet answer keys and 66 food picture flash cards are included.

190 NAL Call No: TX364.S24 F&N E-3432
Please pass the nutrition : curriculum guide for grades 3-4.
San Jose, Calif Unified School District Food Division.
San Jose, CA. Unified School District; 1979.
279 p. : ill. (San Jose Nutrition Education Project).

Language: English

Descriptors: Curriculum guides; Nutrition education; Learning activities; Lesson plans; Nutrition concepts; Nutrition information; Food attitudes; Diet improvement; Grade 3; Grade 4; Type A lunch
Abstract: A curriculum guide to teach and improve food habits in third and fourth graders suggests lesson plans suitable for in-classroom use. Program activities support cognitive, affective and action learning of basic nutrition concepts, positive food behaviors and healthy diet practices. Each lesson presents objectives, required time and teaching materials, teacher information and instructional aids. Typical lessons include "Spell That Food", "Snack Food Alley", "To Eat Meat or Not To Eat Meat" and "Nutrient Relay". As many as 14 activies may be organized around a central nutrition theme. Other topics describe the Type A school lunch, consumer economics and plant growth. Appendices cross-reference lesson titles to nutrition education concepts; 66 food picture flash cards are included.

191 NAL Call No: TX364.S22 F&N E-3430
Please pass the nutrition : curriculum guide for pre-school-kindergarten.
San Jose, Calif Unified School District Food Division.
San Jose, CA. Unified School District; 1979.
231 p. : ill. (San Jose Nutrition Education Project).

Language: English

Descriptors: Curriculum guides; Nutrition education; Preschool children (2-5 years); Diet improvement; Learning activities; Lesson plans; Instructional materials; Basic nutrition facts; Food attitudes; Diet patterns; Early childhood education

Abstract: A curriculum guide to teach and improve food habits in preschoolers and young school children presents lesson plans for classroom use. Program activities support cognitive, affective and action learning in emphasizing 3 concepts: basic nutrition principles; positive nutrition attitudes and food behaviors; and healthy diet practices. Each lesson describes objectives, required materials, time needed, teacher information and instructional aids. Some sample lessons are "My Teeth Need Good Foods", "The Alphabet Food Train", "Captain McNutrient Sets The Table" and "If I Were A Tree, What Fruit Would Grow on Me?"

Appendices index specific lesson titles to the concepts of food choices, factors influencing choices, food-related careers, consumer competencies and food protection; 66 food picture flash cards are also included.

192 NAL Call No: TX820.P74
Preparing food for preschoolers a guide for food service personnel.
Lundin, Janet; O'Malley, Edward T.
California, State Dept. of Education
Sacramento : California State Dept. of Education, 1983.
v, 38 p. : ill. ; 22 cm. Edited by Janet Lundin and Edward T. O'Malley. Nutrition Education and Training Program.

Language: English

Descriptors: Quantity cookery; Education (Preschool); Reference works; Food service; Preschool children; Meal patterns; Menu planning; Food habits; Food preferences; Seasonings; Taste; Food preparation; Food service training
Abstract: Helping children to develop positive attitudes toward nutritious foods and to maintain good eating habits throughout their lives is the major objective of this guide developed for food service personnel by the Nutrition Education and Training Program of the U.S. Department of Agriculture. Appearance, texture, and taste are important factors making food appealing to children. Food preparation practices that encourage good eating habits in children include 1) seasoning foods mildly, 2) making finger foods, 3) introducing new foods, 4) applying attractive garnishes to foods, and 5) preparing foods simply. Specific guidelines are given for preparing meat, fish, vegetables, and fruits. Successful menu planning for children considers the texture, color, shape, temperature, flavor combinations, and the familiarity of foods. Descriptions are provided for family style, buffet style, cafeteria style and picnic style meal service. Suggestions for bag lunches and picnics give procedures for the preparation of sandwiches, vegetables, fruits, and beverages and for the protection of foods. Other topics include eating utensils, nutritional concerns, cultural foods and menus, and food allergies. A table presents meal patterns for children one to three, three to six, and six to twelve years of age, showing foods and the number of servings of eqch required in meals and snacks. Appendices include a food substitution guide for common allergies and snack and cultural recipes. (aj)

193 NAL Call No: TX364.P745 F&N E-3855
Preschool and elementary teachers training nutrition education : training manual: section III of final reports.
Pottenger, Francis M.; Raman, Pattabi S.; Shimabukuro, Sandra K.
Honolulu, Haw. Curriculum Research and Development Group, University of Hawaii; 1980.
174 p. : ill. ; 28 cm. NET funded.

Language: English

Descriptors: Instructional materials; Teacher education; Nutrition education; Workshops; Summer programs; Program development; Program planning; Program administration
Abstract: The trainer's manual provides information and materials necessary for preschool and elementary teachers' workshops in basic nutrition. Strategies for incorporating nutrition education into existing curricula are provided. Workshop structure presentation techniques, and evaluation methods are described. Pre- and post- workshop trainer responsibilities are listed. Designs for 5- and 10-day summer workshops and an expanded content outline are provided. Basic nutrition sessions teach: the relationship between nutrition and learning, food classification systems, nutrient density, nutritional needs of individuals, characteristics of ethnic groups, dietary guidelines, nutrient preservation, and the function of the school food service program. Net sessions explain integration of nutrition education into curriculum and provide guidelines for planning nutrition-education lessons and food/cooking activities around a specific context. Lecture notes, handouts, pre- and posttests with answers and evaluation forms are provided. (js)

194 NAL Call No: TX364.T4 F&N B-1279
Preschool nutrition education.
Olson, Christine; Randell, Jill
Cambridge, Mass. : Abt Books, 1981; 1981.
Teaching nutrition : review of programs and research / edited by Joanne P. Nestor and Joseph A. Glotzer. p. 141-156; 1981. Literature review. 42 ref.

Language: English

Descriptors: USA; Preschool children (2-5 years); Nutrition education; Educational programs; Food habits; Parental influence
Abstract: The various influences on young childrens' food choices are examined. Nutrition education guides and curricula for early childhood

education programs must be flexible. Since preschool children are developing food habits, nutrition goals in all curricula must include encouraging acceptance of food varieties, and promoting an understanding of the relationship between food and health to ensure development of healthful habits. Programs must provide background information, specific program guidelines, and strive to actively involve children in developing and improving good food habits. Finally, since parents are childrens' first teachers, all preschool nutrition education programs should have a parent component. Research is needed for evaluating long and short term effects of nutrition education on children in the formative preschool years. An annotated listing of cookbooks/curricula for use in preschool nutrition education is given. (wz)

195NAL Call No: TX364.P747 1981a F&N E-3940
A Preschool nutrition education curriculum.
Wagner, Patricia A.
Florida, Dept. of Education.
Tallahassee, Fla. Florida Dept. of Education, 1981.
v, 123 p. : ill. ; 28 cm. NET funded June 1981.
Bibliography: p. 101-123.

Language: English

Descriptors: Instructional materials; Preschool education; Nutrition education; Learning activities; Basic nutrition facts; Senses
Abstract: A curriculum for preschool nutrition education is designed around 7 basic nutrition concept areas: food and nutrients, nutrient needs, nutrition and health, nutrition and the life cycle, food handling, food selection, and food as a resource. The primary emphasis is on learning through experiences requiring children to use their senses. There are 7 unit plans (collections of activities which can be used to teach a concept based on a chosen subject) and corresponding daily lesson plans which use some of the suggested activities from the unit plan to structure a day's activities. Each lesson plan lists goals, behavioral objectives, materials needed and learning activities. Also included are annotated bibliographies of preschool children's books, preschool curriculum materials, audiovisuals and other teaching materials. (js)

196 NAL Call No: TX364.P747 F&N E-3939
A Preschool nutrition education curriculum.
Florida, Dept. of Education.
Tallahassee, Fla. Florida Dept. of Education; 1981.
iii, 123 p. : ill. ; 28 cm. NET funded. February 1981.
Bibliography: p. 101-123.

Language: English

Descriptors: Instructional materials; Preschool education; Nutrition education; Learning activities; Basic nutrition facts; Nutrients
Abstract: A curriculum for preschool nutrition education is designed around 7 basic nutrition concept areas: food and nutrients, nutrient needs, nutrition and health, nutrition and the life cycle, food handling, food selection and food as a resource. The primary emphasis is on learning through experiences requiring children to use their senses. There are seven unit plans (collections of activities which can be used to teach a concept based on a chosen subject) and corresponding daily lesson plans which use some of the suggested activities from the unit plan to structure a day's activities. Each lesson plan lists goals, behavioral objectives, materials needed and learning activities. Also included are annotated bibliographies of preschool children's books, preschool curriculum materials, audiovisuals and other teaching materials. (js)

197 NAL Call No: TX364.S66 F&N E-3459
Preschool nutrition education monograph.
Society for Nutrition Education.
Berkeley, CA SNE; 1978.
48 p. : ill. ; 28 cm. Includes bibliographies.

Language: English

Descriptors: Nutrition education; Preschool education; Preschool programs; Nutrition information; Instructional materials; Information sources; Reference materials; Resource guides; Educational resources; Parent education
Abstract: A collection of selected materials concerning nutrition education for preschool children has been prepared by the National Nutrition Education Clearing House for use by teachers, parents and nutrition specialists with interest in this topic. An overview of current activities and ideas in the field is presented in periodical articles addressing food acceptance and nutrient intake of preschoolers; preschool nutrition education programs; parent involvement in preschool nutrition education; and training of day care personnel. A second section contains reviews and abstracts of educational references and instructional aids including books, pamphlets, articles and audiovisuals for preschool nutrition educators. All items have been written or reviewed by nutritionists.

198 NAL Call No: TX361.C5P72 1986
Preschool nutrition resource packet.
Campbell-Lindzey, Star

University Park, PA : Nutrition Education Center, Benedict House, Pennsylvania State University; 1986.
1 portfolio : ill. ; 24 x 30 cm. Title from protfolio cover. Title from cover sheet: Preschool nutrition; resource packet for educators. September 1986. Includes bibliographical references.

Language: English

Descriptors: Children--Nutrition--Study and teaching; Teaching materials; Nutrition education; Preschool education; Learning activities
Abstract: This nutrition resource packet was designed for educators who need to know information about key nutrition issues regarding preschool nutrition. Included in the packet are background information for teachers, examples of various activities for use with preschool children, nutritious snack ideas, teaching techniques, and a resource bibliography on various nutrition topics relating to preschool children. Key issues adressed are: sugar, behavior and artificial sweeteners; the preschooler "hunger strike"; activity-based teaching strategies; and contacts for assistance and additional information.

199 NAL Call No: 389.8 SCH6
Preschool nutrition sets the pace.
Olson, Christine M.
Denver, American School Food Service Association; Nov/Dec 1980.
School foodservice journal v. 34 (10): p. 31-32. ill; Nov/Dec 1980.

Descriptors: Nutrition education; Preschool programs; Early childhood education; Parent participation; Diet improvement; Activity learning
Abstract: A program designed to encourage good nutrition habits for 2-5 year olds stresses participation and creativity in the classroom. A basic nutrition handbook aids the teacher or nutritionist in focusing attention on children's food habits and preferences, growth, nutrient sources and functions, nutrition problems (obesity, cavities, allergies, etc.), health fads, and food myths. A guide for teachers contains ideas for activities and home support for good eating habits. The program attempts to counteract the influences of television advertising.

200 NAL Call No: TX341.J6
Program of nutrition education for school and community.
Guarino, Michael A.; Wittsten, Alice Balamuth; Gallo, Rita
Oakland, Calif. : Society for Nutrition Education; 1984 Sep.
Journal of nutrition education v. 16 (3): p. 125-126; 1984 Sep. Presented as a "Round-the-Clock Community Nutrition Program" at the Annual Meeting of the American Public Health Association, Montreal, Canada, November 1982. Includes 1 references.

Language: English

Descriptors: Nutrition education; School children; Primary education; Food habits; Curriculum; Teachers
Abstract: The results and evaluation of a "round-the-clock" nutrition education program pilot tested with 1256 kindergarten to third grade students in 2 towns are reported and discussed. A special 8-lesson teaching guide was developed for the program. A questionnaire for the parents and 5-point knowledge pre- and post-tests for the children were used to evaluate the program benefits. Teacher workshops were designed to reduce teacher resistance to the program. (wz)

201 NAL Call No: TX364.P758 F&N E-4305
Project Munch : a Title IV-C project.
Oakham Center School (Oakham, Mass.)
Oakham, Mass. Oakham Center School (1980?); 1980.
59 p. Cover title. Bibliography: p. 55-59.

Language: English

Descriptors: Instructional materials; Lesson plans; Learning activities; Elementary grades; Nutrition education; Health education; Social development; School lunch; Student participation; Nutrition programs
Abstract: A novel project that permanently integrates school lunch with nutrition, health knowledge, and practice and improves milk, fruit, and vegetable consumption for kindergarten through 6th grade, is described. The project evolves from the entire school eating lunch "family style with students allowed (and encouraged) to participate in units to evaluate menu planning, purchasing procedures, and waste evaluation. The fifth and sixth grade students develop social skills while serving the "family style" " meals, and pass these skills on to younger students. This project has resulted in the development of nutritionally and socially aware students who are able to regulate their personal eating habits in a healthful way. (wz)

202 NAL Call No: TX364.P7672 F&N E-4214

Project TEEN curriculum guide for teachers.
Caswell County Schools (N.C.).
Yanceyville, N.C. Caswell County Schools, Food Service Division; 1981.
29 p. ; 28 cm. NET funded. "Developed to fulfill objective. .1 Project Teen.". Includes bibliographical references.

Language: English

Descriptors: Instructional materials; Curriculum guides; Teaching guides; Nutrition education; Adolescents (12-19 years); Competency based education
Abstract: A curriculum guide (for 6th-8th grade) designed to improve the health, physical fitness, and nutritional status of students, incorporates nutrition education into areas of math, science, social studies, and reading. Teachers can select strategies appropriate for individual students and relevant to the "Competency Goals and Performance Indicators" for grades 6-8 (Caswell County, NC). Process skills are included to give students a variety of thinking and learning experiences (e.g., process skill: use of numbers; example; computation of RDA). The competency goals are based on 4 principles which are incorporated into the curriculum developed. Creative and innovative ideas which can be applied in an interdisciplinary setting are provided. (kbc)

203 NAL Call No: TX361.C5G4
A project to determine the nutritional needs of residential child care institutions in Louisiana from October 1979 to July 1980.
Geraldson, Ann C.
Baton Rouge, La. : Bureau of Food and Nutrition Services, Louisiana State Dept. of Education; 1980.
54 leaves : ill. ; 28 cm. Cover title: Nutrition education needs assessment report, residential child care institutions. July, 1980. Funded by Louisiana State Department of Education, Office of Auxiliary Programs, Bureau of Food and Nutrition Services, Nutrition Education and Training Program and the United States Department of Agriculture.". Bibliography: leaf 54.

Language: English

Descriptors: Louisiana; Children--Louisiana--Nutrition; Nutrition--Requirements; Child care--Louisiana; Reference works; Residential day care; Institutions; Nutrition education; Needs assessment; Surveys; Net program
Abstract: In order to assess nutritional needs of and to adequately develop nutritional education materials for residential child care institutions in the State of Louisiana, a state/federally-funded research survey was undertaken involving ninety-eight institutions housing people under 22 years of age. Based on responses to a mail-in survey, the questions covered topics such as: use of government-funded nutrition programs, willingness to utilize nutrition information materials, population of the institutions, population dietary problems, and educational levels of instructors. Based on survey results, improved nutritional care is indicated on several levels for institution residents. A thorough analysis of the data is included in the report.

204 NAL Call No: TX341.J6
Promoting school lunch participation through nutrition education.
Jensen, Helene C.; Ferris, Ann M.; Neafsey, Patricia J.; Gorham, Richard L.
Oakland, Calif. : Society for Nutrition Education; 1985 Mar.
Journal of nutrition education v. 17 (1): p. 15-18. charts; 1985 Mar. Includes 8 references.

Language: English

Descriptors: School lunches; Nutrition education; Teaching materials; Elementary education; Children; School meals; Project appraisal
Abstract: An evaluation of the effectiveness of a school lunch nutrition education program kit in 14 elementary schools used by the school lunch manager to promote school lunch participation was made, based on observed changes in school lunch participation and the students' willingness to taste nutritious foods. A survey of 1743 students covering grades 1-3 indicated that the kit significantly increased school lunch participation and food consumption, and that the students also choose more nutritious foods at home for both meals and snacks. A description of the kit and the survey results are provided. (wz)

205 NAL Call No: TX364.R42 F&N E-4117-4118
Reading, writing & smoked salmon : an Alaskan nutrition curriculum guide.
South East Regional Resource Center (Alas.)
Juneau, Alas. South East Regional Resource Center (1981?); 1981.
2 v. ; 28 cm. NET funded. Includes bibliographies.

Language: English

Descriptors: Instructional materials; Elementary

grades; Curriculum guides; Nutrition education; Nutrient sources; Basic Four; Food habits; Food safety
Abstract: A two volume set grades 1-3 and grades 4-6) of nutrition education curriculum guides provides a general overview of nutrition information (nutrient glossary, special considerations for teaching nutrition in Alaska, Basic Four) for teachers, classroom learning activities, resource lists (organizations, audiovisual and print material available within the state), and an Alaskan Dietetic Association directory. Classroom learning activities are divided into 5 conceptual areas: Kinds of Foods, Food Groups and Nutrients, Nutrition and Health, Foods People Eat and Food Safety and Handling, and are comprised of a set of learning objectives arranged according to increasing levels of specificity. Each learning objective is fulfilled through suggested supporting or reinforcing audiovisuals, print materials and community resources; and content (brief background information for the teacher). (js)

206 **NAL Call No: TX364.S2**
San Juan Unified School District Nutrition Education Project LIFE, living instruction in food education.
Kiefer, Mary Jane Moore
San Juan, Calif. : San Juan Unified School District, 1987?; 1987.
1 v. (various pagings) : ill. ; 30 cm. + 25 sheets. Spine title: LIFE, living instruction food education nutrition project. "Funding source: N.E.T.P. California State Dept. of Education, Child Nutrition Services"--Cover. Sheets in pocket.

Language: English

Descriptors: Nutrition--Study and teaching--California; Audio visual aids; Elementary education; Curriculun guides; Nutrition education; Food habits; Consumer information; Teaching methods
Abstract: Five nutrition concept areas (Food choices, Factors influencing food choices, Consumer competencies, Food related careers, Food handling) of the Health Instruction Framework for California provide the philosophy and structure for this self-contained educational curriculum. Experience-oriented activities encourage the formation of positive food attitudes and flexible eating habits and encourage the practice of good consumer nutrition. Lesson plans, supplemented by teacher information and student activity materials, may be used to teach math, science and language skills and are divided into three grade sections: preschool and kindergarten, grades 1-3 and 4-6. Each lesson plan includes the objective, background information, a variety of learning, for each grade level, reinforcement activities, estimates of time and materials needed and evaluation techniques. The Materials section includes parent letters, handouts, worksheets, puppets, ideas for bulletin boards and a resource list.

207 **NAL Call No: RA440.A1H5 F&N**
School health funding sources in the public sector.
Cortese, Peter A.
Promoting Health Through the Schools: A Challenge for the 80's, (1980 August.
New York : Human Sciences Press; Spring 1981.
Health education quarterly v. 8 (1): p. 88-104; Spring 1981.

Language: English

Descriptors: Health education; Federal aid; Federal programs; Health programs; Schools; Child nutrition programs; Nutrition education; Children; Conferences
Abstract: Possible sources of funding for school health promotion programs include the US Departments of Education, Agriculture, and Health and Human Services. Potential funding sources that are described under the US Department of Education include the: Comprehensive School Health Initiative; Alcohol and Drug Abuse Education Program; Adolescent Pregnancy/Parenting Initiative; Improvement in Local Educational Practice Program; Educational Television and Radio Program; Handicapped Preschool and School programs; Handicapped Research and Demonstration Program; Teacher Centers; and 6 others. The Nutrition Education and Training Program funds are administered through the Food and Nutrition Service of the US Dept. of Agriculture. Potential funding sources under the US Department of Health and Human Services include the: Office of Health Information, Health Promotion and Physical Fitness and Sports Medicine; Bureau of Health Education; National Heart, Lung, and Blood Institute; Early and Periodic Screening, Diagnosis, and Treatment Program; Head Start; Preventive Health Service Program; Maternal and Child Health Training; Adolescent Pregnancy Prevention Program; and 5 others. The legislative authority funding levels, focus, and dimension of these programs are identified. (wz)

208 NAL Call No: 389.8 SCH6

School parties emphasize nutrition.
Denver, American School Food Service Association; June/July 1980.
School foodservice journal v. 34 (6): p. 20,24; June/July 1980.

Language: English

Descriptors: School children (6-11 years); School food service; Nutrition education; Parties (Social); Parent participation; Parent-Teacher Associations; Student participation
Abstract: As a final tribute to the efforts of Pennsylvania's Green Ridge elementary school and its year long campaign for nutrition awareness, Anne O'Reilly's first grade class prepared and subsequently consumed an extremely healthful giant Rudolph the Red Nosed Reindeer sandwich. Consisting primarily of ham spread and cream cheese with pretzel horns, olive eyes, and a pimiento nose, the creation rested on a bed of whole wheat bread. Other efforts during the year included classroom instruction and attempts from the Parent Teacher Organization to reduce the amount of sugar in snacks served at school functions. Children are involved in the food planning process, giving them first hand experience in the selection of nutritional foods.

209 NAL Call No: Z5814.F7S44 F&N E-4088
Selective bibliography of nutrition education materials for preschool instruction in Wisconsin.
Herr, Judith
Menomonie, Wis. University of Wisconsin--Stout; 1980.
14 p. ; 28 cm. NET funded. "Spring-Summer 1980. Project director: Judith Herr; assistants, Judith Gifford, Winifred Morse.

Language: English

Descriptors: Reference materials; Nutrition education; Instructional aids; Resource materials; Audiovisual aids
Abstract: A guide designed to assist early childhood educators, nutrition specialists, or foodservice personnel briefly describes selected curriculum guides, audiovisual materials, posters, pictures, and cookbooks and lists sources of manipulative materials. Books are analyzed for 3 levels of difficulty (easy, moderate, advanced), and food and nutrition concepts which can be taught using each book are indicated. (js)

210 NAL Call No: 389.8 AM34
Skinfold assessment as an intervention technique: one aspect of a nutrition education program.
Hunt-Pellow, J.
Chicago, Ill. : The Association; 1986 Mar.
Journal of the American Dietetic Association v. 86 (3): p. 369-370; 1986 Mar. Includes 10 references.

Language: English

Descriptors: Nutrition education; School children; Anthropometric dimensions; Obesity; Health promotion
Abstract: Various interventions for nutrition education used by a registered dietitian at a small, rural school for grades 1-4 are described, including the monitoring of skinfolds in the 4th grade class over several school years to see whether body fat proportion would be altered over time. Obesity incidence in 4th grade girls and boys was about 54 per cent (7 girls) and 33 per cent (3 boys), respectively. A year later in the 5th grade, obesity incidence had dropped to 5 girls (ca. 38 per cent) and 2 boys (22 per cent). A year later, the number of obese girls and boys remained the same but their body weight gains were reduced.(wz)

211 NAL Call No: TX364.S624 F&N E-3710
Smell, touch, listen, look - kids learn, kids cook : a nutrition education workshop for day care personnel.
Herr, Judith
Menomonie, Wis. University of Wisonsin-Stout; 1980.
36 p. NET funded.

Language: English

Descriptors: Instructional materials; Teaching guides; Preschool education; Nutrition education; Inservice programs; Day care programs; Parent participation; Foods instruction; Information sources; Program planning
Abstract: A nutrition education inservice training program was designed to help day care workers learn about, adapt, and use nutrition education materials in the classroom; day care workers can foster positive attitudes among young children toward food and nutrition. The workshop provides training in basic nutrition concepts; techniques for integrating nutrition education into the preschool environment; methods of planning participation by children, staff, and parents; and evaluation for resource materials. Concepts suitable for preschool children are outlined. A cook's corner is suggested for the classroom; recipes and tips are given for children to prepare meals and snacks. Nutrition information resources, sample lesson plans, and

companies producing early learning equipment are listed. (cj)

212 NAL Call No: TX364.P7675 F&N C-2535
Something's cooking, Project TEEN : a nutrition education program for grades 6-8.
Caswell County Schools (N.C.).
Yanceyville, N.C. Caswell County Schools, Food Service Division (1980?); 1980.
1 folded sheet (6 p.) : ill. ; 22 cm. NET funded.

Language: English

Descriptors: Reference materials; Nutrition education; Health education; Adolescents (12-19 years); Curriculum development; Nutrition programs; Basic nutrition facts
Abstract: A description of "Project Teen" is given to advise students, teachers, and parents of the activities and goals of a school-based community program for preparing teenagers to assume responsibility for their health and nutritional status. The program operates by establishing a viable health and nutrition education curriculum in junior high schools. Project TEEN incorporates: needs assessment, a curriculum plan with multimedia materials and a youth advisory council; inservice training and curriculum materials; and a nutrition and health resources and services guide for teachers and foodservice managers. The program also involves community forums and take-home nutrition materials for parents. (wz)

213 NAL Call No: TX364.S784 F&N E-3976
SPEAC for nutrition : final report.
Hinze, Laurel Lee
Minneapolis, Minn. Minneapolis Public Schools; 1980.
115 p. : ill. ; 28 cm. "Grant agreement no. 59-3198-8-28, USDA Food and Nutrition Services, Nutrition Education Demonstration Project, March 1, 1979-July 31, 1980. NET funded.

Language: English

Descriptors: Reference materials; Nutrition education; Professional education; Instructional aids; Program design; Program evaluation
Abstract: The inception, implementation and evaluation, design and program results of SPEAC (student, parent, educator, administrator, children) for nutrition, a cooperative preschool nutrition education model, are described. Divided into 6 sections, the report content encompasses: the selection, background and responsibilities of project and related staff; the objectives; activity and time schedule of SPEAC; materials, site and participant selection, use of methods, materials and activities; the evaluation design; and implications, conclusions and recommendations of program results. (js)

214 NAL Call No: TX364.S782 F&N E-3977
SPEAC for nutrition : student parent educator administrator children preschool nutrition education project : evaluation report.
Minneapolis, Minn. Community Research Center, Augsburg College; 1980.
56 p. : ill. ; 28 cm. Cover title. NET funded.

Language: English

Descriptors: Reference materials; Professional education; Instructional aids; Nutrition education; Program evaluation
Abstract: The report reviews the objectives of SPEAC (students, parents, educators, administrators, children) for nutrition and provides an overview of the model. The evaluation plan, sequence and target groups are defined. Findings related to food acceptability, food preferences of children (as determined by parents and teachers), and inservice training for foodservice personnel are tabulated and discussed. Recommendations for future evaluations include benefit-cost analysis, continued refinement and follow-up and the need to employ a CCFP nutrition specialist. (js)

215 NAL Call No: TX364.M324 F&N E-3595
A staff development program in nutrition/health education.
Marshall, Irene
North Clackamas, Or. School District 12; 1980.
160 leaves. NET funded.

Descriptors: Instructional materials; Training reports; Teacher education; Nutrition education; Health education; Educational development; Curriculum development; Inservice courses; Program planning; Program administration
Abstract: A Nutrition Education and Training Program (NETP) workshop course aims at promoting nutrition and health via the classroom teacher. The 10 sessions (30 hours) for staff development in nutrition education cover a 13 week study period and may be taken for graduate credit. Three goals of the training program are defined: 1) to develop nutrition awareness; 2) to develop an expanded nutrition component of health education curricula; and 3) to coordinate the school food service program and health curriculum. Personnel organization, structure, components, planning,

administration, and outcomes of the course are described. The course is applicable for public and private school and day care center staff. Specific subject areas making up the course content include menu planning; health effects of foods and drugs; weight control; snacks; disease prevention; food advertising; food selection; self-concept; emotions and stress; exercise, activity and fitness; and sugar and dental care.

216 NAL Call No: TX364.M337 F&N E-4043
Summative evaluation of high feather, the nutrition project.
Mays, Luberta
Albany, N.Y. Bureau of School Health Education and Services (and) Bureau of Mass Communications, State Education Dept; 1980.
ix, 90 p. : ill. ; 28 cm. NET funded. Cover title: High feather.

Language: English

Descriptors: Reference materials; Professional education; Program evaluation; Nutrition education
Abstract: The document presents the results of the evaluation of five programs of the High Feather series concerning physical health and its relationship to proper nutrition. One hundred forty-eight fourth and fifth grade students from Black, White, Asian, and Hispanic backgrounds were tested to determine: nutrition knowledge at entry level, attentiveness throughout the program, comprehension of specific content information, appeal of the program and receptivity, possible gains in knowledge, and extent to which the program met the goals of the series. Each of the five shows are analyzed individually. Evaluation instruments are included in the appendices. (js)

217 NAL Call No: TX364.C75 F&N B-3399
Target nutrition : nutrition education activity guide.
Croce, Angela Lattuca
San Diego City Schools (Calif.)
San Diego, Calif. San Diego City Schools; 1980.
3 modules in 1 v. : ill. ; 28 cm. NET funded. Translation of La nutricion como objectivo guia de actividades de educacion nutricional (TX364.C752 F&N B-3400). Includes bibliographies.

Language: English

Descriptors: Instructional materials; Lesson plans; Elementary grades; Nutrition education; Nutrition knowledge; Food habits
Abstract: Activity guides in English and Spanish provide ideas for reinforcement of nutrition knowledge, identification of attitudes about food and improving eating habits. Lesson plans for pre K-K, Grades 1-3, and 4-6 are based on the guidelines of the Health Instruction Framework for California Public Schoools. Topic areas are: food choices, factors influencing choices, food related careers, consumer competencies and food handling. Lessons may be incorporated into math, language, social studies, science, art and reading where appropriate. Each lesson lists a desired proficiency and behavioral objective, content, learning experiences and materials needed. Optional food experiences are provided to reinforce concepts taught. Student activity sheets and recipes are included. (js)

218 NAL Call No: TX392.T38 F&N E-4450
Task cards : vegetables with good munch program.
Durham, N.H. Nutrition at Work, UNH; 1981.
1 portfolio : ill. ; 28 cm. NET funded.

Language: English

Descriptors: Instructional materials; Grade 4; Learning activities; Nutrition education; Vegetables; Classroom materials
Abstract: Twenty-two task cards, part of the "Vegetables with Good Munch" Program, provide learning activities integrating food and nutrition information into subject matter areas. Arts, crafts, experiments and just plain fun activities, such as vegetable printing; garden planning, sprout culture and foreign food research, for individuals, small groups or classes are included. (js)

219 NAL Call No: TX364.T4 F&N B-1279
Teaching nutrition : a review of programs and research.
Nestor, Joanne P.; Glotzer, Judith A.
Cambridge, Mass. Abt Books; 1981.
301 p. Includes bibliographies and index.

Language: English

Descriptors: Reference materials; Nutrition education; Nutrition Education and Training Program; Educational programs; Teacher education; Food service training; Program evaluation; Evaluation methods
Abstract: The field of nutrition education is assessed and reviewed, particularly those aspects relevant to NET programs: training of food service personnel and teachers; and the status of school nutrition programs for preschoolers, elementary school students, and secondary school students. To

enable comparison of nutrition studies and programs, an optimum model of a child's nutritional environment is presented covering secondary influences (family and peers), primary influences (attitudes and biological needs), responses, and outcomes. Evaluation methods, objectives, and obstacles are discussed, with reference to prior studies. Some characteristics of nutrition education programs are identified. First, there is an emphasis on practical rather than theoretical development. Second, there seems to be little recognition of the total nutritional environment of the children. Third, there is a need for clarification of objectives and terminology. Further research is necessary on evaluation procedures. Joint training of teachers, administrators, and food service workers is increasing. (cj)

220 NAL Call No: TX364.B62 F&N
Teaching nutrition, grades 1 - 8.
Boyd, Fannie Lee
Athens University of Georgia; 1977.
101 p. : ill. Bibliography: p. 99-101.

Language: English

Descriptors: Nutrition education; Concepts; Resource materials; Instructional program divisions; Evaluation; Games; Objectives; Learning
Abstract: Concepts, objectives, learning strategies, games and resource materials are provided for four grade levels -- 1 - 2, 3 - 4, 5 - 6, 7 - 8 -- in this revision of the resource guide first developed in 1969. Evaluation suggestions are contained in the learning strategies.

221 NAL Call No: aHV696.F6F6
Teaching the people who teach the kids: A look at one state's approach.
Klein, Linda
FNS
Washington, USDA, Food and Nutrition Service; Dec 1979.
Food & nutrition v. 9 (6): p. 14-16. ill; Dec 1979.

Language: English

Descriptors: Mississippi; Workshops; Nutrition education; Curriculum guides; Children; Child nutrition programs; Community support; Inservice teacher education; Needs assessment; Nutrition Education and Training Program
Abstract: The Nutrition Education and Training Program (NET) in Mississippi uses a training workshop approach to integrate nutrition education into existing programs. The state Department of Education contracted with the University of Mississippi/Oxford to conduct the workshops. Training modules for teachers of K-3 and 7-12 were developed, as well as a training packet for food service personnel. Teachers for grades 4-6 are to be trained. A needs assessment showed nutrition education for the oldest and youngest students had priority. Curriculum guides define nutrition and nutrients, explain how and why nutritional needs vary, and emphasize proper handling of food. Two modules were developed for grades 7-12--on weight control and basic food patterns. The training packet for food service personnel stresses nutrition and food preparation, and suggests ways managers and teachers can work together to teach nutrition. Workshop participants are expected to provide a minimum of 5 hours of nutrition education in classrooms/cafeterias. Follow-up workshops are planned; revised curriculum guides will be distributed and managers and teachers can share experiences.

222 NAL Call No: TX341.F69
The Team approach to nutrition, Nutrition, your children and you : abstracts.
Dixon, Alicia J.
Educational Improvement Center-South (Sewell, N.J.)
Sewell, N.J. The Center New York : Harcourt, Brace, Jovanovich; Nov 1983.
Food management v. 18 (11): 24 leaves ; 28 cm p. 29-30; Nov 1983. NET funded.

Language: English

Descriptors: Nutrition education; Primary grades; Curriculum development; Teacher education; School personnel; Parent participation; Instructional materials; Teacher developed materials; Learning activities; Special education
Abstract: Twenty-four abstracts of modules for integrating nutrition education into music, home economics, social studies and physical education were prepared by teachers and school nurses as partial fulfillment of a NET postgraduate course. Lesson plans for preschool, kindergarten, elementary and secondary grades list the author, title, overview and at least 5 activities. Plans for gifted and special education classes are included. (js) A nutrition education program called "Please Pass the Nutrition," is the only nutrition education program made available through the National Diffusion Network (NDN) for schools and agencies nationwide. The program's goal is to affect the food selection patterns of children from kingergar-

ten through grade 4. This is achieved by integrating nutrition concepts into classroom subjects and school foodservices through a developed curriculum in conjunction with a team approach involving parents and students. NDN helps schools across the nation adopt low cost effective projects developed by teachers in classroom situations. The team approach is an important component and each team member has certain responsibilities. Teachers, for example, after appropriate training, must select and implement 2-3 nutrition activities per week using the curriculum developed. Parents volunteer for classroom nutrition activities, plus they receive follow-up materials. Lessons cover 5 nutrition areas, and provide information on developing support materials. This research-in-action program demonstrates that through education, nutrition knowledge can increase. (kbc)

223 NAL Call No: TX364.I545 F&N B-3314
Tennessee educates for nutrition now : an instruction plan for preschool.
Andrews, Frances E.&XAn instruction plan for preschool
Tennessee, Dept. of Education, University of Tennessee, Knoxville.
Nashville, Tenn. Tennessee Dept. of Education; 1982.
v, 102 leaves, (2) folded leaves of plates ; 30 cm. NET funded. Bibliography: leaves 84-89.

Language: English

Descriptors: Instructional materials; Preschool education; Nutrition education; Learning activities
Abstract: The preschool plan is organized around four goals identified for nutrition education in Tennessee. These goals are to understand: the relationship of nutrition to health, the relationship between individual and environmental characteristics and food related behavior, physical and chemical properties of food and the nature and means of resolution of food and nutrition related concerns. The plan is divided into beginning and advanced developmental level sections. Within each section are specific topics for study and corresponding cognitive, affective and behavioral objectives, generalizations about the information, priority ratings to help determine emphasis each topic should receive, content, vocabulary lists, teacher information, activities, assessment activities, and supplementary resources. A resource guide provides an annotated list of children's books and teacher references, picture and materials sources and an educational materials evaluation instrument. (js)

224 NAL Call No: TX364.T416 1980 F&N B-3381
Tennessee educates for nutrition now : an instructional plan for kindergarten through grade 6.
University of Tennessee, Knoxville, Nutrition Education Project.
Knoxville, Tenn. University of Tennessee; 1980.
vi, 218 p. : ill. ; 30 cm. NET funded.

Language: English

Descriptors: Instructional materials; Teacher education; Nutrition education; Integrated curriculum; Lesson plans
Abstract: Divided into sections by grade level, the instructional guide lists nutrition topics related to Tennessee's nutrition education goals, cognitive, affective, and behavioral objectives needed to achieve the goals, subject matter into which goals may be integrated and a priority rating for inclusion of the topic in the curriculum. Pre-instruction assessment activities help the teacher determine the food- and nutrition-related knowledge, attitudes and behavior the children already possess. Lesson plans for each topic include background content information for the teacher, activities which can be integrated into traditional subject matter areas, evaluation techniques and additional resources available. The appendices include an annotated resource guide and an educational materials evaluation instrument. (js)

225 NAL Call No: TX364.T416 1981 F&N B-3362
Tennessee educates for nutrition now : an instructional plan for kindergarten through grade 6.
Miller, Sandra W.&XNutrition education instructional plan, kindergarten--grade 6
Tennessee, Dept. of Education.
Nashville, Tenn. Tennessee Dept. of Education; 1981.
289 p. : ill ; 29 cm. NET funded. Cover title: Nutrition education instructional plan, kindergarten-grade 6. Bibliography: p. 263-280.

Language: English

Descriptors: Instructional materials; Elementary grades; Nutrition education; Lesson plans; Integrated curriculum; Learning activities
Abstract: A framework of goals, objectives and topics for nutrition education in Grades K-12 was developed according to the specific needs of Tennessee children. Objectives for Grades K-6 are organized around the following themes: K-1 exploration to increase acceptance and enjoyment

of food; Grades 2-3 differentiation of basic concepts relevant to food and nutrition, and for Grades 4-6 sociocultural aspects of food and nutrition. The instructional guide is divided into sections by grade level. Each grade level section contains goals and objectives, basic subject designations, content and generalizations, vocabulary lists, teacher information, activities, resources and assessment procedures. A glossary and resource guide also are provided. (js)

226 NAL Call No: TX364.T42
Tennessee educates for nutrition now nutrition education instructional plan (grades 10-12).
Miller, Sandra W.
Tennessee, Dept. of Education, Tennessee Nutrition Education and Training Program
Nashville, Tenn. : Tennessee State Department of Education; 1984.
viii, 294 p. : ill., folded chart, forms ; 28 cm. (Tennessee educates for nutrition now). Developed as part of the Tennessee Nutrition Education and Training Program. NET funded. Under contractual support provided through the Tennessee State Department of Education to the University of Tennessee, Knoxville with funds appropriated from the U.S. Department of Agriculture. Bibliography: p. 263-288.

Language: English

Descriptors: Nutrition--Study and teaching (Secondary); Nutrition education; Instructional materials
Abstract: This publication is intended to aid teachers in the incorporation of nutrition education in the school curriculum for 10th-12th grades. This manual represents level IV of the sequential framework for nutrition education which has been identified for Tennessee children, preschool through grade 12. The goal of these materials is to help students learn the basic principles of nutrition so that they will understand the important relationship between nutrition and health and will increase skill in solving food and nutrition related problems.

227 NAL Call No: RJ206.I4 F&N E-4497
To mom and dad a primer on feeding the preschooler.
Ikeda, Joanne P.
University of California, Davis, Division of Agricultural Sciences
Davis, Calif. : Division of Agricultural Sciences, University of California; 1980.
8 p. : ill. ; 28 cm. (Leaflet (University of California, Davis. Division of Agricultural Sciences) ; 2952.). Cover title. Reprinted April 1980.

Language: English

Descriptors: Food habits; Preschool children; Nutrition education; Infants; Child feeding; Guidelines; Teaching materials
Abstract: A brief guide for parents presents advice for developing good attitudes towards a sound diet in their newborn to preschool children. Emphasis is placed on: starting good eating practices early (at infancy); making the learning of good eating habits easy (e.g.: making dining with the family physically comfortable; serving small portions to the child; serving finger foods); making mealtime a pleasant occasion; the recognition of problems (e.g. poor eaters; intermittent favorite food demands; filling up on milk; plate waste); and techniques for easing the concern when introducing new foods. A daily checksheet to ascertain whether a child is eating a balanced diet (relative to recommended daily food guidelines) is appended. (wz)

228 NAL Call No: TX911.5.U55 F&N E-3329
Training guide for foodservice personnel in programs for young children : a manual for nutritionists, dietitians, and foodservice specialists who are developing and conducting training programs.
United States Administration for Children, Youth and Families.
Washington Govt. Print. Off; 1980.
195 p. DHEW pub. (OHDS) 80-31152. Bibliography: p. 185-191.

Descriptors: Food service training; Preschool programs; Job training; Nutrition education; Instructional materials; Child nutrition; Food safety; Menu planning; Food purchasing; Food storage; Food preparation, quantity
Abstract: Training materials for foodservice workers in Head Start programs are presented in a manual for use by nutritionists, dietitians and foodservice supervisors. The objectives are to encourage foodservice personnel to provide nutritious and wholesome food for young children, as well as nutrition education to children, parents, and staff in Head Start. Competency areas needed to deliver a high quality food service program include 3 foundation and 4 technical competencies: nutrition and feeding of young children; job management; sanitation and safety; menu planning; food purchasing; food receiving and storage; and quantity food production. Learning activities,

resource materials and evaluation criteria are described for each training area. These may be used in pre-service or in-service training of foodservice personnel in Head Start, day care or other preschool programs.

229 NAL Call No: TX364.H35 F&N E-3793
Using food experiences to reinforce academic objectives.
Harms, Thelma; Cryer, Deborah Reid
Raleigh N.C. Dept. of Public Instruction; 1980.
108 p. : ill. NET funded. Includes index. Bibliography: p. 100-104.

Language: English

Descriptors: Instructional materials; Lesson plans; Elementary grades; Nutrition education; Basic nutrition facts
Abstract: Lesson plans for children in prekindergarten through sixth grade use classroom food experiences to enhance teaching of basic skills of Health, Reading and Language Arts, Mathematics, Science and Social Studies. Plans are grouped according to academic subjects and are divided into grade levels: pre-school through kindergarten; Grades 1-3; and 4-6. Each plan's format includes a behavioral objective and appropriate activities for classroom use with reference to single--portion picture-word recipes in a supplemental cookbook. These recipes are nutritionally sound and contain limited amounts of salt, sugar and fats. An annotated list of supplemental books and a sample newsletter for parents are provided. (p)

230 NAL Call No: TX341.J6
Validation of a food-purchasing inventory for fifth- and sixth-grade students.
Gilmore, S.C.; Fanslow, A.M.
Philadelphia, Pa. : George F. Stickley Company; 1987 Aug.
Journal of nutrition education v. 19 (4): p. 177-180. ill., charts; 1987 Aug. Includes 8 references.

Language: English (Summary in Frenchpanish)

Descriptors: Food preferences; School children; Prediction; Questionnaires; Nutrition education; Program effectiveness
Abstract: A survey of 72 5th-grade and 88 6th-grade students in 4 US midwestern school systems assessed the utility of a paper-and-pencil food purchasing inventory for determining food selection habits. The survey was based on 20 available food products that served as 20 inventory questions. The results indicated that this approach accurately predicted group food behavior, with predictability slightly greater for the 6th-grade students.(wz)

231 NAL Call No: TX392.V39 F&N E-4451
Vegetables with good munch program.
Durham, N.H. Nutrition at Work, UNH; 1981.
1 portfolio : ill. ; 28 cm. NET funded. Includes 7 spirit masters.

Language: English

Descriptors: Instructional materials; Grade 4; Nutrition education; Classroom materials; Learning activities; Vegetables
Abstract: As part of a program designed to teach nutrition principles and to increase the use and acceptance of vegetables by students, the teaching materials packet includes: 5 activity sheet dittos for various grade levels; a song lyric ditto and activity sheet ("Junk Food Junkie"); a five letter series to parents introducing the program, discussing each vegetable topic and providing recipes; a vegetable survey to determine the degree of like or dislike of 21 vegetables; and a list of five suggested books and related follow-up activities. Four teaching stations one for each vegetable emphasis area) provide additional learning activities which may be used with individuals or small groups and limited teacher assistance. (js)

232 NAL Call No: TX364.W462 F&N B-3331
Welcome to Peabody's nutrition education curriculum.
Peabody (Mass.), School Dept.
Peabody, Mass. School Dept; 1981.
355 leaves in various foliations : ill. ; 30 cm. NET funded. Includes bibliographies.

Language: English

Descriptors: Instructional materials; Elementary grades; Curriculum guides; Teacher education; Nutrition education; Integrated curriculum; Lesson plans; Workshops
Abstract: A summary of the project includes descriptions of a breakfast program and a curriculum writing workshop, curriculum guides for grades K-6, a nutrition information booklet with activities for parents and children, and a listing of nutrition education lectures, workshops and courses offered to teachers in 1980-1981. The curriculum guide provides up to 20 lessons for each grade level which integrate nutrition objectives into existing curriculum subjects. Each lesson describes the objectives, materials needed, preparation and classroom time required, additional teaching ideas, and follow-up

questions. The nutrition education focus of each grade level is as follows: kindergarten-breakfast and snack foods (Food: Your Choice-Dairy Council); grade 1-dental health, nutritious snacks; grade 2-Basic Four Food Groups; grade 3-Body Care (diet and exercise); Grade 4-Food...Your Choice-Level 2; grades 5 and 6-Food...Your Choice-Level 3. (js)

233 NAL Call No: jQP145.S49 1985
What happens to a hamburger.
Showers, Paul; Rockwell, Anne F.
New York : Harper & Row; 1985.
32 p. : col. ill. ; 23 x 18 cm. (Let's-read-and-find-out book).

Language: English

Descriptors: Digestion--Juvenile literature; Teaching materials; Primary education; Nutrition education; Children's literature; Nutrition physiology
Abstract: This book is part of the "Let's-Read-and-Find-Out" series and is designed for preschool and primary-grade school children. It is an elementary introduction to the meaning of food as a fuel for the body. Through colorful pictures and activities for the children to perform themselves, the book gives a simple and interesting summary of the body's digestive processes. Children reading the book will learn the relationship between food which is eaten and normal body functioning and development. (lsp)

234 NAL Call No: RJ216.W45 F&N W-133
What shall I feed my baby? a month-by-month guide.
Purdue University
Washington, D.C.? : U.S. Department of Agriculture, Food and Nutrition Service : For sale by the Supt. of Docs, U.S. G.P.O.; 1981.
50 p. : ill. ; 14 x 22 cm. (Program aid (United States. Dept. of Agriculture) ; no. 1281.). "June 1981"--p. 4 of cover.

Language: English

Descriptors: USA; Infant feeding; Breast feeding; Human milk; Infant foods; Postnatal development; Teaching materials; Study guides; Day care centers; Guidelines; Physical fitness--Nutritional aspects; Nutrition--Study and teaching; Nutrition; Teaching materials; Secondary grades; Adolescents; Obesity; Prevention; Nutrition education; Food habits; Diet planning; Exercise; Fitness; Aerobics
Abstract: Methods, techniques and recommendations for infant feeding in the first 12 months are offered. Breastfeeding information covers advantages, maternal nutritional needs, feeding techniques and tips on making breastfeeding easier. Bottlefeeding guidelines and directions for formula preparation (single or multiple bottles) are included. Charts allow plotting of baby's growth and comparison to standard growth curves. A month by month feeding guide describes amounts, frequency and types of foods to add. Twelve blank calendars with developmental information are provided for notation of baby's progress. Introduction of solid foods, transition to table foods and development of good food habits are described. (aj)

235 NAL Call No: TX355.Y6 F&N E-3234
Your fresh look book.
Raiff, Stan
United Fresh Fruit and Vegetable Association
Washington UFFVA; 1979.
(33) p. : ill.

Language: English

Descriptors: Spirit masters; Instructional materials; Elementary school students; Grade 1; Grade 2; Grade 3; Nutrition education; Basic Four; Dietary goals; Fruits; Vegetables; Vitamins; Snacks
Abstract: Basic information on nutritional needs, dietary goals, food production, and health are explored through 12 activity-oriented duplicating masters aimed at grades one through three. The basic four food groups are milk, meat, fruit and vegetable, and bread and cereal; and everyone should eat from each of the groups everyday. Vitamin A keeps the skin and bones healthy, and vitamin C helps the teeth, gums, bones and muscles to work. Crunchy fruits and vegetables also help the teeth and gums. Fruits and vegetables come from five plant parts--leaves, stalk, fruit, roots and seeds--and tastes should be developed for many different fruits and vegetables. Snack time is a good time to eat these foods, with bananas, carrots, grapes, orange juice and celery being nutritious snacks.

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AUDIOVISUALS

Nutrition Education - Audio Visuals (Preschool - 6 Grade)

1 NAL Call No: TX364.A21 F&N AV
ABC's of body building.
Kansas State University, Dept. of Foods and Nutrition
Manhattan, Kan. : Dept. of Foods and Nutrition, Kansas State University; 1981.
1 game (1 game board, 4 playing cards, 4 sets of body parts, 1 die) : col. ; 56 x 41 cm. NET funded.

Language: English

Descriptors: teaching materials; preschool education; nutrition education; educational games; nutrients
Abstract: A board game, color coded with symbols corresponding to the preschool curriculum food models, helps preschool children recognize nutrient-rich foods needed for growth and good health. The object is for each child to "build his body" by rolling the colored die, landing on the food and nutrient symbols, thereby acquiring all 6 body parts of the same color. (js)

2 NAL Call No: TX364.A22 F&N AV
The ABC's of nutrition education.
Kansas State University, Dept. of Foods and Nutrition.
Manhattan, Kan. Dept. of Foods and Nutrition, Kansas State University; 1981.
6 fabric covered foam rubber food models, 1 game board, 1 die, 4 sets of playing pieces, 1 curriculum guide. NET funded.

Language: English

Descriptors: Instructional materials; Preschool education; Nutrition education; Lesson plans; Learning activities; Basic nutrition facts; Nutrients
Abstract: A curriculum for children (ages 3-6) consists of 3 concept units (nutrient sources, nutrient functions and food selection), 6 food models, a game and a teacher's self-instruction unit. Concept units are sequential and are divided into color coded content area sections containing a choice of activities related to the concept. Each activity page within a content area includes a behavioral objective, list of materials needed, and teacher information in the margin. Stuffed fabric food models represent milk, raisin bran, bread, a chicken leg, a carrot and a strawberry. Each contains a hidden finger puppet emphasizing a specific nutrient found the food. The "ABC's of Body Building" game helps children associate the selection of food with a bodily nutrient function. The teacher's self-instruction unit contains 10 chapters consisting of one or more summary paragraphs followed by questions designed to reinforce the basic nutrition facts presented. Supplementary materials include a teacher's resource list, visuals and parent information letters. (js)

3 NAL Call No: TX364.A5 1984
Annotated bibliography of nutrition education resources.
Nutrition Education and Training Program (N.C.)
Raleigh, N.C. : Dept. of Public Instruction, Division of Child Nutrition, Nutrition Education and Training Program; 1984.
vii, 193 p. : ill., map ; 28 cm. June, 1984.

Language: English

Descriptors: Nutrition--Study and teaching--Bibliography; reference works; bibliographies; nutrition education; school children; teaching methods; audiovisual aids; teaching materials
Abstract: An annotated bibliography provides listings and reviews of films, instructional kits, games, books, posters, transparencies, puzzles, and other instructional nutrition education resources for grades K-12, available through the North Carolina Department of Public Instruction. The citations are categorized into 5 principal areas: preschool, kindergarten to sixth grade, seventh to ninth grades, tenth to twelfth grades, and books for use by the teacher. Listings of regional service areas and media specialists, and a directory ofpublishers and producers of nutrition education meterials are appended. Citations of computer software and musical aids also are included. (wz)

4 NAL Call No: RA777.B4 1982 F&N AV
Be healthy! Be happy! Portafilms, Inc.
Portafilms, Perennial Education, Inc.
Evanston, Ill. Perennial Education, Inc; 1982.
1 film reel (11 min.) : sd., col. ; 16 mm.

Language: English

Descriptors: Instructional media; Primary grades; Nutrition education; Hygiene; Exercise (Physiology); Child nutrition; Health education
Abstract: This animated cartoon is directed at primary grades. Five health rules are supplied and various characters are used to illustrate what happens when these rules are not followed. They include: keeping clean; eating the right foods; getting proper rest; exercising; and caring for one's self when sick.

5 NAL Call No: TX355.B5 F&N AV

Bingo gets the gooey goops. Barr Films.
Pasadena, CA. Barr Films; 1978.
32 fr. : col. ; 35 mm. cassette. Sound accompaniment compatible for manual and automatic operation.

Language: English

Descriptors: Nutrition education; Health education; Preschool children (2-5 years); Food selection; Basic Four
Abstract: Bingo learns that good food is necessary for health and strength, and that good food is not just desserts but basic foods which supply vitamins and minerals. With the help of his friends, he changes his diet and goes on to win the push-up contest.

6 NAL Call No: TX361.C5R9
Breakfasteam a nutrition and fitness education program for 5th and 6th grade elementary students.
Ryan, Louise B.; Gacoin, Linda T.
Connecticut Nutrition Education and Training Program
Connecticut : Connecticut Nutrition Education and Training Program; 1987.
1 v. (loose-leaf) : ill., forms ; 30 cm. Cover title: Breakfasteam,* starting your day the fitness way!. Partially funded by the Metropolitan Life Foundation. "... funding from the United States Department of Agriculture, Food and Nutrition Service, Nutrition Education and Training Program, Public Law 95-166."--T.p. verso. Accompanied by breakfasteam stickers, breakfast and physical fitness posters, popsicle stocks, sugar tapes, and fact sheets. Bibliography: p. R1-R7.

Language: English

Descriptors: connecticut; Child--Nutrition--Education (Elementary); School children--Food; School breakfast programs; teaching materials; elementary education; curriculum guides; lesson plans; nutrition; fitness; breakfast; learning activities; net program
Abstract: The importance of eating a good breakfast and exercising regularly are emphasized in this nutrition and fitness education program for fifth and six grade students. The integrated program involves students, parents, teachers, food service personnel, physical education staff, and health educators. Objectives of the program include 1) increasing the number of students who eat breakfast, 2) increasing student's physical activity level, and 3) increasing students' ability to make healthy food choices. It consists of ten lessons that include various games, contests, experiments, food and exercise records, growth charts, recipes, exercise ideas, and demonstrations which teachers can adapt to their specific learning situations. Activities are designed to help students develop skills in writing, mathematics, science, art, social studies, physical fitness, teamwork, and communication. After each lesson, students complete a newsletter that informs their families about their progress. Winner coupons and certificates, and other incentives are included to encourage students. Pre- and post-tests are provided to measure changes in students' attitudes and habits.

7 NAL Call No: TX1.I55
Cafeterias become classrooms as nutrition education sweeps the schools.
Denver, Cahners Publishing Co; Sept 15, 1980.
Institutions v. 87 (6): p. 65-66. ill; Sept 15, 1980.

Descriptors: Nutrition education; Schools; Parent participation; Educational programs; Food service workers; Government role; Educational programs; Financial support; Teaching methods
Abstract: Statewide nutrition education programs are being implemented to incorporate this education at all levels, beginning with preschool, and by using cafeterias, classrooms, food service workers, and teachers as integral parts of the campaign. California, for example, is offering more training for foodservice managers. Some aspects of nutrition education are introduced in science and social studies classes. Classroom taste experiments have proven very successful. Even parental involvement is encouraged through use of media dissemination of information. The real impact of this program is expected to show in the future as the youngsters become independent and apply their acquired knowledge to their lifestyles; that is, of course, if federal funding and program support continue.

8 NAL Call No: Graphic no.56 F&N
Calorie-exercise equivalents.
United States? : Red Sun Press, [198-?]; 1980-1987.
1 poster : col. ; 51 x 34 cm.

Language: English

Descriptors: Food--Caloric content; Exercise; Nutrition--Study and teaching (Elementary); teaching materials; intermediate grades; nutrition education; energy requirements; energy value; exercise; posters
Abstract: This bright yellow poster depicts a chart of caloric-exercise equivalents. It is designed for

students in fourth grade and older and is ideal for display in school cafeterias or to be used during health education curriculums. Three groups of food are listed: main dishes; fruits and vegetables; and, other common snacks. The amount of one serving from foods listed under the three categories is given, as well as the calories contained in each serving. The chart also shows the number of minutes requir ed to work off the caolrics from each food by; sitting; walking; biking; swimming; or jogging.

9 **NAL Call No: LB3401.J6**
Community organization in a school health education program to reduce sodium consumption.
McKay, R.B.; Levine, D.M.; Bone, L.R.
Kent, Ohio : American School Health Association; 1985 Nov.
Journal of school health v. 55 (9): p. 364-366. charts; 1985 Nov. Includes 11 references.

Language: English

Descriptors: nutrition education; school children; pilot projects; salt; community involvement; program effectiveness
Abstract: The importance of community involvement in enabling and reinforcing students in making dietary behavior changes recommended in a school health education program promoting cardiovascular health is reported. Goals of the "Hold the Salt" program were to raise community awareness of the link between high-sodium diets in childhood and cardiovascular disease risk and to reduce students' sodium intakes by changing food practices of students and their parents. Educational components of the program included 1) a cafeteria classroom unit arranged around a board game, 2) parent outreach, 3) health provider reinforcement, and 4) community support. The program was pilot-tested in a group of urban, black, low-income, sixth grade students whose dietary patterns included frequent high-sodium snacks. Data collection methods included 1) a knowledge questionnaire that measured changes in knowledge about the health risks of high-sodium diets, high- and low-sodium foods, and techniques to reduce sodium intake, and 2) telephone interviews with students' parents to determine if health messages were being communicated and if dietary changes had been made as a result. Program evaluation revealed a 20 per cent increase in knowledge about sodium and a 33 per cent decrease on reported high-sodium snack consumption in the experimental group compared to a demographically matched control group.(aje)

10 **NAL Call No: Videocassette no.460**
The Crunchy Critter Club produced by the Georgia Public Telecommunications Commission for the Georgia Department of Education ; [developed under contractual support provided through the Nutrition Education and Training Program, School and Community Nutrition Division, Georgia Department of Education to Frieda Brown].
Brown, Frieda S.
Georgia Nutrition Education and Training Program, Georgia, Dept. of Education, Georgia Public Telecommunications Commission
Atlanta : Georgia Nutrition Education & Training, Georgia Dept. o f Education; 1989.
1 videocassette (90 min.) : sd., col. ; 1/2 in. + 1 teacher's guide (44 leaves). VHS format. Guide title: Crunchy Critter Club; a nutrition education video presentation for early childhood programs.

Language: English

Descriptors: Nutrition--Study and teaching (Primary); Children--Nutrition; School children--Nutrition; Day care centers; nutrition education; early childhood education; eating habits; cooking instruction
Abstract: The nutrition education goals of this video presentation f or early childhood programs include: to develop a positive attitude about trying new foods; to identify a wide variety of foods and their important relationship to good health; to participate in cooking activities which enhance physical and social development, reinforce curricular content areas, and follow sanitation and safety principles; to promote appropriate social skills to make eating an enjoyable experience. Crunchy Critter speaks to the children (preschoolers and kindergarten levels) about good nutrition, good eating manners; and cooking skills.

11 **NAL Call No: HV854.F32 (no.7) F&N AV**
A Day at a center Tel-Air Interests.
Miami, Fla. Tel-Air; 1980.
1 videocassette (15 min) : sd., col. ; 3/4 in. (Child care food program educational film series (7)).

Descriptors: Instructional media; Parent education; Teacher education; Child care centers; Child development; Child Care Food Program; Nutrition education; Learning activities; Day care services; Meal patterns
Abstract: The role of the day care center in development of the young child is explored during a visit to a typical center. Every aspect of the child's day

at the center is depicted. Daily activities and schedules place great emphasis on developing the child's awareness of his body. The day consists of structured playtimes, learning experiences, rest-times, and meals. Food and nutrition information is integrated in day care activities throughout the day to promote good eating habits. Typical meal patterns which conform to Child Care Food Program requirements are demonstrated. The creative atmosphere and positive eating environment of the day care center foster the child's growth and good health.

12 NAL Call No: HV854.F32 (no.7) F&N AV
A Day at a center Tel-Air Interests.
Miami, Fla. Tel-Air; 1980.
1 film reel (15 min) : sd., col. ; 16 mm. (Child care food program educational film series (7)).

Descriptors: Instructional media; Parent education; Teacher education; Child care centers; Child development; Child Care Food Program; Nutrition education; Learning activities; Day care services; Meal patterns
Abstract: The role of the day care center in development of the young child is explored during a visit to a typical center. Every aspect of the child's day at the center is depicted. Daily activities and schedules place great emphasis on developing the child's awareness of his body. The day consists of structured playtimes, learning experiences, rest-times, and meals. Food and nutrition information is integrated in day care activities throughout the day to promote good eating habits. Typical meal patterns which conform to Child Care Food Program requirements are demonstrated. The creative atmosphere and positive eating environment of the day care center foster the child's growth and good health.

13 NAL Call No: HV854.F322 F&N AV no. 6-7 pt. 1
A Day in a family day care home and a day at the center, respectively.
United States, Food and Nutrition Service, Southeast Regional Office.
Atlanta, Ga. U.S. Dept. of Agriculture, Food and Nutrition Servi ce, Southeast Regional Office 1981?; 1981.
6 transparencies : col. ; 28 x 30 cm. + instructional materials (20 leaves : ill. ; 28-36 cm.) and 2 booklets in envelope 31 x 41 cm. (Child care food program training series no. 6-7 pt. 1). NET funded. Designed to accompany the child care food program educational film series. Includes exploring foods with young children, a recipe for nutrition education and Food before six, a feeding guide for parents of young children.

Language: English

Descriptors: Instructional materials; Child care workers; Nutrition education; Food habits; Food attitudes; Preschool children (2-5 years); Role playing
Abstract: A 20-30 minute lecture/activity presentation helps day care personnel, parents and other child care workers become familiar with how children view food and how they can make mealtimes more enjoyable. Using transparencies to accentuate the content outline and the activities described, a trainer discusses: creating a mealtime atmosphere conducive to good eating; helps participants identify inappropriate meals as related to color, texture, shape, flavor and portion size; and suggests appropriate responses to children's food dislikes, refusals to eat, dawdling and food jags. A role play situation is the suggested activity. Two additional resources are included: Florida Dept. of Education's "Exploring Foods with Young Children: A Recipe for Nutrition Education" and Dairy Council's "Food Before Six: A Feeding Guide for Parents of Young Children." (js)

14 NAL Call No: HV854.F322 F&N AV no. 6-7 pt.2
A Day in a family day care home and a day at the center, respectively.
United States, Food and Nutrition Service, Southeast Regional Office.
Atlanta, Ga. U.S. Dept. of Agriculture, Food and Nutrition Service, Southeast Regional Office 1981?; 1981.
11 transparencies : col. ; 28 x 30 cm. + instructional materials (23 leaves : ill. ; 28-36 cm.) and 2 booklets in envelope 31 x 41 cm. (Child care food program training series no. 6-7 pt. 2). NET funded. Designed to accompany the chld care food program educational film series. Includes Exploring foods with young children, a recipe for nutrition education and For good dental health start early.

Language: English

Descriptors: Instructional materials; Nutrition education; Snacks; Snack foods; Dental health; Food habits; Preschool children (2-5 years)
Abstract: A lecture/activity presentation offers parents and child care workers ideas for appropriate snack foods and their advantages over those snack foods high in salt, fat and sugar. Included is a con-

tent outline, transparencies which highlight information presented a nd handouts providing supplemental information. Two booklets also are included: Dairy Council's "For Good Dental Health, Start Early" and Florida Department of Education's "Exploring Foods with Young Children: A Recipe for Nutrition Education. (js)

15 NAL Call No: HV854.F322 F&N AV no. 6-7 pt. 3
A Day in a family day care home and a day at the center, respectively.
United States, Food and Nutrition Service, Southeast Regional Office.
Atlanta, Ga. U.S. Dept. of Agriculture, Food and Nutrition Service, Southeast Regional Office 1981?; 1981.
10 transparencies : col. ; 28 x 30 cm. + instructional materials (21 leaves : ill. ; 28-36 cm.) and 1 booklet (44 p.) in envelope 31 x 41 cm. (Child care food program training series no. 6-7 pt. 3). NET funded. Designed to accompany the child care food program educational film series. Includes Exploring foods with young children, a recipe for nutrition education.

Language: English

Descriptors: Instructional materials; Nutrition education; Child care workers; Basic nutrition facts; Learning activities
Abstract: Transparencies and instructional materials help day care personnel and parents plan specific mealtime activities to teach preschoolers colors, flavors, textures and shapes of foods, food origins, basic production and processing, basic nutrition concepts, math skills, motor skills, table manners, and food preparation. The content outline provides lecture/discussion material and directions for group activities and use of handouts. An additional resource is included--Florida Department of Education's booklet, "Exploring Foods with Young Children: A Recipe for Nutrition Education." (js)

16 NAL Call No: HV854.F32 (no.6) F&N AV
A Day in a family Tel-Air Interest.
Miami, Fla. Tel-Air; 1980.
1 videocassette (15 min.) : sd., col. ; 3/4 in. (Child care food program educational film series (6)).

Descriptors: Instructional media; Teacher education; Parent education; Family day care; Day care services; Nutrition education; Child development; Child Care Food Program; Meal patterns
Abstract: Daily routines of a typical day care home begin with the parent bringing the child to the day care home provider. Family day care focuses attention on creating a caring atmosphere and a positive eating environment. Since food is a familiar item to children, nutrition education activities throughout the day promote good eating habits; children are taught nutrition and sanitation principles by their involvement in meal preparation. Components of USDA required meal patterns are described, and a typical breakfast, lunch, and midmorning and midafternoon snack is illustrated. The role of day care in the child's development is emphasized in the technical assistance day care home providers receive during visits from nurses, nutritionists, and sponsors.

17 NAL Call No: HV854.F32 (no. 6) F&N AV
A Day in a family Tel-Air Interests.
Miami, Fla. Tel-Air; 1980.
1 film reel (15 min.) : sd., col. ; 16 mm. (Child care food program educational film series (6)).

Descriptors: Instructional media; Teacher education; Parent education; Family day care; Day care services; Nutrition education; Child development; Child Care Food Program; Meal patterns
Abstract: Daily routines of a typical day care home begin with the parent bringing the child to the day care home provider. Family day care focuses attention on creating a caring atmosphere and a positive eating environment. Since food is a familiar item to children, nutrition education activities throughout the day promote good eating habits; children are taught nutrition and sanitation principles by their involvement in meal preparation. Components of USDA required meal patterns are described, and a typical breakfast, lunch, and midmorning and midafternoon snack are illustrated. The role of day care in the child's development is emphasized in the technical assistance day care home providers receive during visits from nurses, nutritionists, and sponsors.

18 NAL Call No: TX341.J6
Development and testing of a microcomputer nutrition lesson for preschoolers.
Turner, R.E.; Evers, W.D.
Philadelphia, Pa. : George F. Stickley Company; 1987 Jun.
Journal of nutrition education v. 19 (3): p. 104-108. charts, forms; 1987 Jun. Includes 17 references.

Language: English

Descriptors: preschool children; microcomputers; nutrition education; lesson plans; teaching methods; evaluation; foods; identification

Abstract: This report discusses the development of a microcomputer lesson for preschoolers on food identification and compares the effectiveness of this computer lesson with a lesson of similar content taught by traditional instructional methods. Methods for teaching nutrition at the preschool level have included 1) food manipulation; 2) story booklets; 3) cloth models and finger puppets depicting major nutrients; and 4) entire kits of food models, stories, posters, board games, and records. Pre-test/post-test designs for field-testing of local preschool facilities were used to evaluate the impact of the lessons and to compare them. There were no differences in pretest scores for any of the groups tested; however, differences were found in gain (post-test score minus pre-test score) between the computer groups in the two facilities. Children showed interest/pleasure in lessons, while teachers initially showed concern about computer use. It was concluded that the use of microcomputers might help teachers revitalize their classroom performance.

19 NAL Call No: QA76.8.A6624E2

Eat for health.

Cornford, Mary

Flint, Mich. : Genesee Intermediate School District; 1983.

1 computer disk ; 5 1/4 in. + manual. Title from title screen. Project coordinator, Mary Cornford ; consultants, Gloria Bourdon ... [et al.]. Financed by a Ruth Mott Fund Grant and a Michigan Nutrition Education and Training (NET) Grant.

Language: N/A

Descriptors: Nutrition--Computer programs; Diet--Computer programs; Food--Computer programs; Health--Computer programs; computer software; nutrition education; intermediate grades; secondary education; consumer education; diet analysis

Abstract: Students in grades 5-8, and adults can learn the difference between the nutritional content of their diet and their daily nutrient needs. Five hundred seventy-five foods are analyzed for 16 nutritional components. The nutrients provided by the foods in the student's diet are compared to the RDA. A bar graph illustrates this concept. Students need to code their food selections from the manual before using the program. Suggested food sources for nutrients lacking in the student's diet are given. The manual contains a Pre/Post Test , a resource list, a sample parent letter, a food record worksheet, numerous resource materials and suggested follow-up activities.

20 NAL Call No: TX364.E95 C-2398

Exploring foods with young children : a recipe for nutrition education.

Florida, Dept. of Education.

Tallahassee, Fla. State of Florida, Dept. of Education; 1977.

ii, 44 p. ; 22 x 28 cm. Adapted from "The Peripatetic Nutritionist, a Description of Nutrition Education Activities in the Philadelphia Day Care Program," July 1974, funded by the U.S. Dept. of Agriculture. NET funded. Bibliography: p. 41-44.

Language: English

Descriptors: Instructional materials; Primary grades; Preschool education; Educational games; Learning activities; Nutrition education; Food attitudes; Food habits

Abstract: A guide for preschool and early elementary classroom teachers integrates nutrition education into individual curriculum areas. The program's goal is to teach children, at a young age, how to select nutritious foods for a well balanced diet. Appropriate activities are provided for 6 subject and developmental areas: motor skills development, communication, arithmetic, science, social interaction, music, dramatics, and art. Brief objectives, procedures, materials and vocabulary words are listed for each activity. Other activities designed to stimulate parent interest in nutrition education also are provided. Evaluation methods outline observable behaviors associated with learning and practicing good nutrition. Appendices provide a 24-hour food record form, a listing of the US Dietary Goals and recommended food habits derived from the Goals, snack choices, and community program resources. Additional classroom resources include lists of suggested books for children, and films and filmstrips.

21 NAL Call No: TX360.C6E9 F&N E-4020

Exploring the People's Republic of China : nutrition and ecology.

Minnesota, Dept. of Education, Division of Instruction.

St. Paul, Minn. Division of Instruction, Minnesota Dept. of Education (1979?); 1979.

1 portfolio : ill., maps ; 32 cm. NET funded. Includes bibliographical references.

Language: English

Descriptors: China; Instructional materials; Nutrition education; Ecology; Social studies

Abstract: As a portion of a six-part curriculum package, the packet combines nutrition education with social studies. Selected resources, ideas, information and activities are provided to help students develop an awareness, knowledge and understanding of China's ecology and people. Contents include five teaching units (three for 4th grade, one for 7th-9th grade and one for high school), a resource list and 24 slides illustrating cultural food practices. Units consist of information sheets, maps, project directions, suggested activities and recipes (when appropriate). Some lessons may be adapted for higher grade levels. (js)

22 NAL Call No: Graphic no.52 F&N
The Fats of life.
United States? : Red Sun Press, [198-?]; 1980-1987.
1 poster : col. ; 51 x 33 cm.

Language: English

Descriptors: Food--Fat content; Fat; Nutrition--Study and teaching; teaching mate rials; intermediate grades; food preferences; dietary guidelines; fats; fat consumption; nutrition education; posters
Abstract: This simple, bright blue poster designed for children in fourth grade and up is entitled, "The Fats of Life" and shows a circular drawing of some better fat-source food choices. The poster suggests eating more fish, chicken, grains, legumes, and margarine; and eating less pork, beef, hot dogs, cold cuts, and butter. The Poster may be displayed in a school cafeteria or can be used during a health education curriculum.

23 NAL Call No: TX364.F652 F&N AV
Focus on food, nutrition education for Tennessee's children Tennessee Dept. of Education.
Nashville? Tennessee Dept. of Education; 1981.
80 slides : col. ; 2 x 2 in. + 1 sound cassette (18 min.). NET funded. Sound accompaniment compatible for manual operations only.

Language: English

Descriptors: Tennessee; Instructional media; Secondary grades; Nutrition education; Nutrition
Abstract: Poor nutrition can permanently reduce the total number of brain cells and inhibit optimal development of the growing child. The Nutrition Education and Training (NET) program was established by Congress in 1977 to improve preschool to grade 12 nutrition education. About 50 Tennessee youth advisory councils at junior/senior high schools conducted an assessment and developed recommendaions to improve school nutrition potential. Recommendations included room appearance, nutrition surveys, and assisting students in learning nutritional facts. A variety of student-involved nutritional learning activi ties were described, as well as school lunch and breakfast food programs. (wz)

24 NAL Call No: TX364.F646 F&N AV
Food - early choices. National Dairy Council.
Chicago National Dairy Council; 1979.
1 kit.

Language: English

Descriptors: Instructional media; Nutrition education; Preschool education; Instructional aids; Nutrient functions; Diet improvement; Preschool children (2-5 years); Games; Puppets
Abstract: Chef Combo, a mustachioed puppet in tall hat, is the principal actor in a learning system for young children (2-4) which explores the wonderful world of food; why the body needs it; how the body uses it; how it can be presented; how nutrient needs vary with age; and how eating habits are affected by social and psychological influences. The kit contains games, songs, posters, booklets, puzzles and take-home material to encourage family involvement. Through Chef Combo and his Singing Finger Puppets, a teacher can present the conce pts of nutrition in an enjoyable way, encouraging the establishment of good nutrition habits at an early age.

25 NAL Call No: Kit no.57
Food and technology.
National Dairy Council
Rosemont, IL : National Dairy Council; 1987.
24 activity cards, 9 cards, 2 posters, 1 teacher's guide ; in container, 38 x 25 x 4 cm. (Food: your choice ; Grade 5).

Language: English

Descriptors: Health education--Study and teaching (Elementary); Nutrition--Study and teaching (Elementary); nutrition education; teaching materials; elementary education
Abstract: This unit of nutrition education learning activities is intended to used with grade 5. In this unit students compare foods eaten at three time periods in the past with food eaten today and explore the key role technology plays in expanding the number of foods available to consumers. Students learn about the nutrient profiles of various

foods and use their understanding of technology and nutrients to generate solutions to futuristic food problems. Instructional aids included in this unit include worksheets, comparison cards, and posters.

26 **NAL Call No: Kit no.55**
Food decisions.
National Dairy Council
Rosemont, IL : National Dairy Council; 1987.
24 activity cards, 6 posters, 1 teacher's guide ; in container, 38 x 25 x 4 cm. (Food: your choice ; Grade 6).

Language: English

Descriptors: Health education--Study and teaching (Elementary); Nutrition--Study and teaching (Elementary); nutrition education; teaching materials; elementary education
Abstract: This unit of nutrition education learning activities is intended to be used with grade 6. In this unit, students look at many factors that affect personal food choices and are introduced to the U.S. RDA as they read nutrition labels and use this information to select foods. The students also learn about the concept of calories and how to use the 4-2-4-4 guideline and variety to meet their bodies' nutrient needs. Instructional materials in this unit include worksheets, comparison cards, and posters.

27 **NAL Call No: QA76.8.A662F63**
Food encounters a space mission for good nutrition.
National Dairy Council
Rosemont, IL : National Dairy Council; 1984.
2 computer disks : sd., col., dual sided ; 5 1/4 in. + instructor's guide + user's guide. Game. Title from title screen.

Language: N/A

Descriptors: Nutrition--Computer-assisted instruction; Nutrition--Computer software; computer software; nutrition education; elementary education; food groups; games
Abstract: Students in grades 4 and 5 travel to four space stations, learning basic nutrition concepts about the four food groups. Three levels of difficulty are available for students by varying the length of days in their mission. Students begin by choosing foods for their mission and then travel to space stations, selecting foods from the four food groups. Information is offered when mistakes are made and students are encouraged to read the User's Guide if several mistakes are made. Nutrient functions and the nutrients supplied by the leader nutrients in the four food groups are covered throughout the travels. Eight short games and puzzles are included to reinforce the concepts being taught. The User's Guide and Instructor's Guide contain information on how to use the program and additional nutrition information.

28 **NAL Call No: HV854.F322**
F&N AV no. 9 pt. 3
Food for learning.
United States, Food and Nutrition Service, Southeast Regional Office.
Atlanta, Ga. U.S. Dept. of Agriculture, Food and Nutrition Service, Southeast Regional Service 1981?; 1981.
7 transparencies : col. ; 28 x 30 cm. + instructional materials (22 leaves : ill. ; 28-36 cm.) in envelope 31 x 41 cm. (Child care food program training series no. 9 pt. 3). NET funded. Designed to accompany the child care food program educational film series.

Language: English

Descriptors: Instructional materials; Nutrition education; Preschool children (2-5 years); Teaching methods; Learning activities
Abstract: A half-hour lecture/activity presentation to help day care center personnel and home providers become knowledgeable about procedures for planning food and nutrition learning experiences for preschool children. After viewing the film, "Food for Learning," participants are guided in: determining the needs and interests of children in relation to their age and ability levels; planning around holidays, seasons and community events; identifying useful resources; expanding existing classroom resources; identifying skills achievement and learning possible in the activities; and sequencing activities to maintain interest. The packet includes a content outline providing lecture and discussion material and activity guide and color transparencies to highlight information presented. (js)

29 **NAL Call No: HV854.F322**
F&N AV no. 9 pt. 2
Food for learning.
United States, Food and Nutrition Service, Southeast Regional Office.
Atlanta, Ga. U.S. Dept. of Agriculture, Food and Nutrition Service, Southeast Regional Office 1981?; 1981.

7 transparencies : col. ; 28 x 30 cm. + instructional materials (20 leaves : ill. ; 28-30 cm.) in envelope 31 x 41 cm. (Child care food program training series no. 9 pt. 2). NET funded. Designed to accompany the child care food program educational film series.

Language: English

Descriptors: Instructional materials; Child care workers; Nutrition education; Preschool children (2-5 years); Teaching methods; Learning activities; Plant sources of foods
Abstract: A half-hour presentation for day care center personnel and home providers supplements the film, "Food for Learning." Using the content outline and color transparencies, the trainer guides participants in identifying foods which can be grown in the classroom, general procedures for growing them and how to plan and implement learning activities in the classroom using them. Three different learning activities are discussed. Handouts provide step-by-step activity directions and nutrition education songs with familiar tunes. (js)

30 NAL Call No: HV854.F322
F&N AV no. 9 pt. 1
Food for learning.
United States, Food and Nutrition Service, Southeast Regional Office.
Atlanta, Ga. U.S. Dept. of Agriculture, Food and Nutrition Service, Southeast Regional Office 1981?; 1981.
5 transparencies : col. ; 28 x 30 cm. + instructional materials (16 leaves : ill. ; 28-36 cm.) in envelope 31 x 41 cm. (Child care food program training series no. 9 pt. 1). NET funded. Designed to accompany the child care food program educational film series.

Language: English

Descriptors: Instructional materials; Nutrition education; Preschool children (2-5 years); Teaching methods; Taste; Learning activities
Abstract: A half-hour presentation for day care center personnel and home providers accompanies the film entitled "Food for Learning" and encourages participants to become knowledgeable in planning and conducting tasting parties for preschoolers. Using the content outline, color transparencies and activity sheets, the trainer helps participants identify the purpose of tasting parties and which children should be included, foods to be tasted, appropriate times and locations for parties and how to obtain children's reactions to the foods. (js)

31 NAL Call No: Kit no.53
Food gives me energy.
National Dairy Council
Rosemont, IL : National Dairy Council; 1987.
40 picture cards, 4 posters, 1 teacher's guide ; in container, 38 x 25 x 4 cm. (Food: your choice ; Grade 2).

Language: English

Descriptors: Health education--Study and teaching (Elementary); Nutrition--Study and teaching (Elementary); nutrition education; teaching materials; elementary education
Abstract: This unit of nutrition education learning activities is intended to be used with grade 2. In this unit, students learn that all foods give them energy and that their bodies need energy to move. The students also learn that food from plants and an imals are classified into four food groups and that these foods go through many steps to get from the farm to the home. Instructional aids with this unit include worksheets, food picture cards, food production sequence cards, and posters.

32 NAL Call No: Kit no.54
Food helps me grow.
National Dairy Council
Rosemont, IL : National Dairy Council; 1987.
24 picture cards, 2 posters, 1 paperback book, 1 teacher's guide ; in container, 38 x 25 x 4 cm. (Food: your choice ; Grade 1). Paperback book title: Eatwell's growing party.

Language: English

Descriptors: Health education--Study and teaching (Elementary); Nutrition--Study and teaching (Elementary); nutrition education; teaching materials; elementary education
Abstract: This unit of nutrition education learning activities is intended to be used with grade 1. In this unit, students learn some specific concepts about the relationship between food and growth. They also examine how certain foods have helped their teeth grow and stay healthy. Students also learn to categorize foods according to their source (plant or animal) and to classify foods by their taste (salty, sweet, or tart). Food safety is taught by preparing a snack in the classroom. Instructional materials in this unit include worksheet s, food picture cards and posters.

33 **NAL Call No: Kit no.56**
Food in America.
National Dairy Council
Rosemont, IL : National Dairy Council; 1987.
48 picture cards, 4 posters, 1 teacher's guide ; in container, 38 x 25 x 4 cm. (Food: your choice ; Grade 4).

Language: English

Descriptors: Health education--Study and teaching (Elementary); Nutrition--Study and teaching (Elementary); nutrition education; teaching materials; elementary education
Abstract: This unit of nutrition education learning activities is intended to be used with grade 4. In this unit, students compare foods eaten by Native Americans in the past with foods grown in America today. The students also learn the concept of nutrients are associated with, and why those nutrients are important for health. Instructional materials in this kit include worksheets, food picture cards and posters.

34 **NAL Call No: TX364.B85 F&N B-3358**
Food is elementary! : a nutrition education and training handbook for elementary school teachers in South Carolina Public Schools.
Bursey, Robert G.; Shirley, Cathy B.
Clemson, S.C. Dept. of Food Science, College of Agricultural Sciences, Clemson University; 1981.
ix, 313 p. : ill. ; 29 cm. NET funded. Bibliography: p. 248-303.

Language: English

Descriptors: Instructional materials; Teacher education; Nutrition education; Basic nutrition facts; Nutrient requirements; Food habits; Lesson plans; Teaching methods
Abstract: The handbook provides course-related information, learning modules for grades 1-6, a resource guide and other instructional materials for a graduate level nutrition education course offered to South Carolina elementary school teachers. Using the textbook, Nutrition Concepts and Controversies, lectures, activities and instruction strategies, participants learn: biochemical and metabolic functions of nutrients; how American lifestyles affect food habits; status of food and nutrition knowledge of South Carolina school children; tec hniques for writing lesson plans for specific grade levels; and approaches to use when incorporating nutrition objectives into other academic disciplines. The detailed resource catalogue describes appropriate media and resources--their cost, source and availability for classroom use. (js)

35 **NAL Call No: Kit no.58**
Food keeps me healthy.
National Dairy Council
Rosemont, IL : National Dairy Council; 1987.
48 picture cards, 4 posters, 1 teacher's guide ; in container, 38 x 25 x 4 cm. (Food: your choice ; Grade 3).

Language: English

Descriptors: Health education--Study and teaching (Elementary); Nutrition--Study and teaching (Elementary); nutrition education; teaching materials; elementary education
Abstract: This unit of nutrition education learning activities is intended to be used with grade 3. In this unit, students explore what it means to be healthy and go on to learn that each food group is important in their diet to maintain good health. Students are introduced to the concept of combination foods and perform a play that synthesizes the four food group concept. Instructional aids with this unit include worksheets, food picture cards, and posters.

36 **NAL Call No: Graphic no.78 F&N**
Four food groups, choices for children.
United States? : Red Sun Press, [198-?]; 1980-1987.
1 poster : col. ; 51 x 33 cm.

Language: English

Descriptors: Nutrition--Requirements; Food preferences; Food; Nutrition--Study and teaching (Elementary); teaching materials; elementary education; intermediate grades; food groups; nutrition education; food preferences; dietary guidelines; posters
Abstract: This bright blue poster depicts the four food group choices for children. Designed primarily for fourth grade and up, it lists the groups: fruits and vegetables; grain (bread and cereal); milk products; beans, nuts, meat, and eggs; and other (listing foods from the fats and sugars group). Under each food group, different foods are listed under the three categories: any time; sometimes (2 to 3 times a week); and now and then (once a week or less). The poster can be displayed in school cafeterias or can be used during a health education curriculum to help children learn to make better food selections.

37 **NAL Call No: Slide no. 205 F&N**
Good food for preschoolers kids are specal.

Connecticut Nutrition Education and Training Program
Storrs, Conn. : Connecticut Nutrition Education and Training Program; 1986.
86 slides : col. + 1 training manual + 52 handout masters. Title on training manual: Training maual and slide series for food service workers in preschool programs. Program funded by Connecticut State Department of Education, Child Nutrition-Programs.

Language: English

Descriptors: Infants--Nutrition; Children--Nutrition; Day care centers--Food service; teaching materials; curriculum guides; preschool education; nutrition education; food service training; food preparation; sanitation; dietary guidelines; slides
Abstract: Developed by the Connecticut Nutrition Education and Training Program, this training manual and slide series for food service workers in preschool programs includes a variety of information and handouts. Sanitation, a good eating guide, vitamins A & C, iron, calcium, meats, eggs, and cheese comprise nutrient topics. Facets of food preparation, portion control, standardized recipes and other oper ational components are other lesson topics included. Each lesson states time allocation, objectives, and outlines specifics for presentation, including appropriate handouts and other materials. A script of the slide presentation is also included.

38 NAL Call No: TX364.G696 F&N AV
Good nutrition, try it, you'll like it Molly C. Gorelick, E. Audrey Clark ; developed at California State University, Northridge.
Gorelick, Molly C.; Clark, E. Audrey.& Establishing nutritious food practices in early childhood
California State University, Northridge.
Northridge, Calif. California State University, Northridge, Home Economics Dept; 1981.
1 kit ; in container 23 x 29 x 7 cm. Includes 2 filmstrips, 2 sound cassettes, teacher's guide, 6 instructional modules. Final report for this project is Establishing nutritious food practices in early childhood (TX364.G6962 F&N (E-3928)).

Language: English

Descriptors: Instructional media; Primary grades; Nutrition education; Basic nutrition facts; Food habits; Preschool curriculum; Recipes
Abstract: A kit developed to establish nutritious food practices in early childhood contains 6 modules. Included are: an assessment evaluation; classroom activities designed to develop cognitive skills and creativity; a recipe book with equipment and ingredients needed, cooking and useful ideas; an introduction to nutrition through the 4 food groups; a look at ethnic foods children eat worldwide such as tacos and pizza; and a parent-teacher activity guide. All print material has clear pictures and drawings that could be reproduced.

39 NAL Call No: TX364.G86 F&N C-2453
A Guide to nutrition education for the preschool teacher.
Wagner, Patrica A.
Florida, Dept. of Education.
Tallahassee, Fla. Florida Dept. of Education; 1980.
iv, 19 p. : ill. ; 22 cm. NET funded. February 1981.
Bibliography: p. 19.

Language: English

Descriptors: Instructional materials; Teacher education; Nutrition education; Guidelines; Basic nutrition facts
Abstract: A teacher's guide introduces the curriculum to the preschool teacher, describes characteristics of 3 and 4 year olds, describes NET goals and teaching approach and provides a chart outlining the recommended scope and sequence of nutrition education from preschool through grade 12. Suggestions for ways to include parents in the program are offered. Guidelines are also given for reasons to incorporate cooking field trips and other experiences into nutrition education activities. (js)

40 NAL Call No: TX364.G86 1981a F&N C-2452
A Guide to nutrition education for the preschool teacher.
Wagner, Patricia A.
Florida, Dept of Education.
Tallahassee, Fla. Florida Dept. of Education; 1981.
ix, 19 p. : ill. ; 22 cm. NET funded. June 1981.
Bibliography: p. 19.

Language: English

Descriptors: Instructional materials; Teacher education; Nutrition education; Guidelines; Basic nutrition facts
Abstract: A teacher's guide introduces the curriculum to the preschool teacher, describes characteristics of 3 and 4 year olds, describes NET goals and teaching approach and provides a chart outlining the recommended scope and sequence of nutrition education from preschool through grade 12. Suggestions for ways to include parents in the program are offered. Guidelines are also given for

reasons to incoporate cooking field trips and other experiences into nutrition education activities. (js)

41 NAL Call No: TX364.G856 F&N E-3936
A Guide to nutrition education K-5.
Seminole County (Fla.), Public Schools.
Sanford, Fla. Seminole County Schools; 1980.
85 leaves : ill. ; 29 cm. NET funded. Bibliography: leaves 84-85.

Language: English

Descriptors: Instructional materials; Primary grades (K-3); Grade 4; Grade 5; Nutrition education; Lesson plans
Abstract: A flow chart identifies nutrition education objectives in Grades K-5 for each of 6 concepts: food handling, nutrition, nutrient allowances, body systems, food consumption, and problems and technology (not included in K-1 curriculum plans). Lesson plans are provided according to grade level--one page for each of the concepts. Each page lists the student objective, 1 to 5 learning activities, resources and materials needed and a suggested evaluation activity. Resource and materials section and evaluation section recommend activities and worksheets found in the Dairy Council's "Food ... Your Choice" kits. (js)

42 NAL Call No: HV854.F322
F&N AV no. 5 pt. 1
Health, an ounce of prevention.
United States, Food and Nutrition Service, Southeast Regional Office.
Atlanta, Ga. U.S. Dept. of Agriculture, Food and Nutrition Service, Southeast Regional Office 1981?; 1981.
10 transparencies : col. ; 28-30 cm. + instructional materials (19 leaves : ill. ; 28-36 cm.) in envelope 31 x 41 cm. (Child care food program training series no. 5 pt. 1). NET funded. Designed to accompany the child care food program educational film series.

Language: English

Descriptors: Instructional materials; Child care workers; Food service training; Nutrition education

Abstract: A 20-30 minute lecture/activity presentation, following the viewing of the film, "Health--An Ounce of Prevention," designed to teach day care center staff members and home providers basic rules of personal hygiene, good work habits, and how to correct improper habits or procedures. Transparencies illustrate content. The content outline provides lecture/discussion materials and directions for conducting activities and using handouts. (js)

43 NAL Call No: HV854.F322
F&N AV no. 5 pt. 2
Health, an ounce of prevention.
United States, Food and Nutrition Service, Southeast Regional Office.
Atlanta, Ga. U.S. Dept. of Agriculture, Food and Nutrition Service, Southeast Regional Office 1981?; 1981.
11 transparencies : col. ; 28 x 30 cm. + instructional materials (26 leaves : ill. ; 28-36 cm.) in envelope 31 x 41 cm. (Child care food program training series no. 5 pt. 2). NET funded. Designed to accompany the child care food program educational film series.

Language: English

Descriptors: Instructional materials; Child care workers; Nutrition education; Food handling; Food storage; Food safety
Abstract: A 20-30 minute lecture/activity presentation is designed to teach day care center staff members and day care home providers the proper techniques for (dry, refrigerator and freezer) storage of foods and safe food handling in preparation, holding and serving. The content outline provides lecture/discussion material and individual and group activity suggestions and describes the use of handouts to meet stated objectives. Transparencies highlight discussion material; handouts reinforce information; and activity sheets help particip ants differentiate between correct and incorrect food handling procedures. (js)

44 NAL Call No: TX364.I3 F&N E-3713
Idea book for nutrition education, preschool-grade 3.
Indianapolis Indiana Dept. of Public Instruction; 1981.
59 p. Bibliography: p. 57-59.

Language: English

Descriptors: Instructional materials; Integrated curriculum; Teaching guides; Primary grades; Nutrition education; Basic nutrition facts; Foods instruction
Abstract: Child-centered activities, designed to incorporate nutrition education into the existing curriculum for primary grades are described. Food and nutrition projects reinforce language and math development, social studies, science, and art.

Seasonal activities coincide with and complement holiday themes. Food week ideas suggest activities related to specific food groups: fruits, vegetables, dairy products, meat, bread and cereal. Snack ideas, a resource list with addresses and prices of materials recommended in the text, and an annotated list of films and videotapes available through the Indiana Dept. of Public Instruction also are given. (js)

45 NAL Call No: TX361.C5L43
Learning about nutrition.
Illinois, Office of Education, Food and Nutrition Programs Section
Springfield, Ill. : Illinois Office of Education, Food and Nutrition Programs Section, 1979?; 1979.
38 p. : ill. ; 28 cm. Cover title. Bibliography: p. 37-38.

Language: English

Descriptors: Children--Nutrition; Children--Nutrition--Study and teaching; School children--Food; teaching materials; curriculum guides; preschool education; nutrition education
Abstract: This booklet was prepared to encourage and assist teachers in teaching children the purpose of eating healthful foods. Coverage includes: a nutrient chart, and lesson plans on food groups, supplemental foods, fruits on trees, underground plants, having a picnic, corn, playing store, seasonal foods, vitamin A, where meat comes from, learning to measure, milk, and foods from other countries. Metric terms, a bibliography, and illustrations are also included.

46 NAL Call No: HV854.F322
F&N AV no. 3 pt. 1
Let's go shopping.
United States, Food and Nutrition Service, Southeast Regional Office.
Atlanta, Ga. U.S. Dept. of Agriculture, Food and Nutrition Service, Southeast Regional Office 1981?; 1981.
instructional materials (7 leaves : ill. ; 28-36 cm.) + 1 booklet (43 p. ; 26 cm.) in envelope 31 x 41 cm. (Child care food program series no. 3 pt. 1). NET funded. Designed to accompany the child care food program educational film series. Includes Food buying guide for child care centers (FNS-108).

Language: English

Descriptors: Instructional materials; Child care workers; Food service training; Nutrition education; Food purchasing; Food quality; Inventory management; Child nutrition programs
Abstract: A 20-30 minute lecture/activity presentation for day care home providers, center directors, food managers and cooks describes the steps in food purchasing from menu planning, determining the quality and quantity of food needed and the purpose of inventories to completing the purchase order. Activity sheets and handouts reinforce content and provide practice. The USDA FNS-108 booklet, "Food Buying Guide for Child Care Centers" is included as a supplemental resource. (js)

47 NAL Call No: HV854.F322
F&N AV no. 3 pt. 2
Let's go shopping.
United States, Food and Nutrition Service, Southeast Regional Office.
Atlanta, Ga. U.S. Dept. of Agriculture, Food and Nutrition Service, Southeast Regional Office 1981?; 1981.
7 transparencies : col. ; 28 x 30 cm. + instructional materials (18 leaves : ill. ; 28-36 cm.) in envelope 31 x 41 cm. (Child care food program training series no. 3 pt. 2). NET funded. Designed to accompany the child care food program educational film series.

Language: English

Descriptors: Instructional materials; Child care workers; Nutrition education; Nutritional labeling; Nutrient sources; U.S. Recommended Daily Allowances
Abstract: A 20- to 30-minute presentation accompanying the film, "Let's Go Shopping" and designed to enable day care home providers and small child care center staffs to become knowledgeable in using nutrition information on food labels, provides a lesson plan, 7 corresponding color transparencies, handouts/worksheets and the FDA flyer "Read the Label, Set A Better Table." The lesson plan lists the behavioral objective and provides a content outline, directions for conducting group activities and use of transparencies, evaluation procedures and suggested additional resources. Presentation content covers labeling requirements, label format, U.S. RDA's and determining good nutrient sources from label information. (js)

48 NAL Call No: HV854.F322
F&N AV no. 4 pt. 3
Meal preparation and service.

United States, Food and Nutrition Service, Southeast Regional Office.
Atlanta, Ga. U.S. Dept. of Agriculture, Food and Nutrition Service, Southeast Regional Office 1981?; 1981.
12 transparencies : col. ; 28 x 30 cm. + instructional materials (26 leaves : ill. ; 28-36 cm.) in envelope 31 x 41 cm. (Child care food program training series no. 4 pt. 3). NET funded. Designed to accompany the child care food program educational film series.

Language: English

Descriptors: Instructional materials; Nutrition education; Vegetables; Cooking methods; Nutrient retention; Color in foods
Abstract: A half-hour presentation teaches day care center food managers, cooks and day care home providers to identify appropriate and inappropriate vegetable cookery procedures and the effects of these procedures on color, flavor, texture and nutrient content. Included in the packet are: a lesson plan consisting of a content outline, directions for conducting group activities, and use of transparencies, an evaluation method, a handout master and 10-question true/false vegetable cookery quiz. (js)

49 NAL Call No: TX364.M455 F&N AV
Merchandising school lunch.
Connecticut Nutrition Education and Training Program.
Storrs, Conn. Connecticut Nutrition Education and Training Program (1982?); 1982.
1 kit ; in container 25 x 30 x 15 cm. Includes portfolio, handouts, posters, flash cards, stickers, banner, apron and popsicle sticks. NET funded.

Language: English

Descriptors: Instructional materials; Elementary grades; Nutrition education; School lunch programs; Student participation; Advertising; Basic Four; Nutrient sources; Nutrient functions; Calcium; Vitamin A; Ascorbic acid; Parent participation
Abstract: The kit provides materials for a one month promotional campaign to increase participation in school lunch and provide basic nutrition education for students in grades 1-4. The campaign incorporates commercial tactics (publicity, games, prizes) into 4 separate week long activities. Week 1 promotes school lunch participation and the Basic Four food groups; weeks 2, 3, and 4 focus on sources and functions of calcium, vitamin A and Vitamin C respectively. A 2 part portfolio includes a preparation checklist and background information for the school lunch manager, background nutrition information for the teacher and parent newsletter samples. (js)

50 NAL Call No: TX364.M9 F&N AV
The Mystery of the tired rabbit.
Kettering, OH. Kettering Medical Center; 1978.
41 slides : col. ; 2 x 2 in. cassette, 7 min.

Language: English

Descriptors: Nutrition education; Preschool children; Eating habits; Health education; Breakfast
Abstract: Rupert Rabbit learns that breakfast is the most important meal of the day. When he has only a donut for breakfast, he is tired, irritable, and can't play well. When he eats a good breakfast, he does well in class and the kick ball game.

51 NAL Call No: TX361.C5N58 F&N AV
No better gift nutrition for preschool children.
Cotterman, Sandra
Society for Nutrition Education
Oakland, Calif. : Society for Nutrition Education; 1984.
1 videocassette (22 min.) : sd., col. ; 1/2 in. + leader's guide (14 p.) + booklet (16 p.). VHS. Accompanying booklet entitled: You're in charge: nutrition education for preschool children by Sandra Cotterman.

Language: English

Descriptors: audiovisual aids; nutrition education; parent education; child feeding; feeding behavior; preschool children
Abstract: A film directed toward parents of preschool children looks at the development of children 1 to 5 years of age and how food aids in the maturation process as well as the contribution it makes to health. Explanations are given for food jags, irregular preference habits, independent/dependent behavior in regard to foods, and feeding at different times, and unpredictable likes and dislikes. Emphasis is placed on the need for a comfortable environment, child-sized eating utensils, the need for a variety of nutritious foods and the role food plays in the development of: motor skills; ability to discern textures, colors and flavors; and language skills. Guidelines are given for: introducing new foods to the child, snacking, meeting nutritional needs, eating at fast food restaurants, and using food for teaching about other cultures. A supplemental guide accompanying the film is

provided. (emc)

52 NAL Call No: TX361.C5N58 F&N AV
No better gift Society for Nutrition Education.
Cotterman, Sandra; You're in charge.& You're in charge
Society for Nutrition Education.
Oakland, Calif. Society for Nutrition Education; 1984.
1 film reel (22 min.) : sd., col. ; 16 mm. + 1 guide (16 p.). Accompanying guide entitled: You're in charge: nutrition educaton for preschool children by Sandra Cotterman.

Language: English

Descriptors: Instructional media; Parent education; Child feeding; Feeding behavior; Preschool children (2-5 years)
Abstract: A film directed toward parents of preschool children looks at the development of children 1 to 5 years of age and how food aids in the maturation process as well as the contribution it makes to health. Explanations are given for food jags, irregular preference habits, independent/dependent behavior in regard to foods, and feeding at different times, and unpredictable likes and dislikes. Emphasis is placed on the need for a comfortable environment, child-sized eating utensils, the need for a variety of nutritious foods and the role food plays in the development of: motor skills; ability to discern textures, colors and flavors; and language skills. Guidelines are given for: introducing new foods to the child, snacking, meeting nutritional needs, eating at fast food restaurants, and using food for teaching about other cultures. A supplemental guide accompanying the film is provided. (emc)

53 NAL Call No: TX364.N876 Unit 3 F&N AV
Nutrient density, nutrition education Utah State University, Dept. of Nutrition and Food Sciences.
Logan Utah State University; 1975.
1 kit (23 x 29 x 12 cm.). Includes teacher's manual, student's skillbook, 129 food profile cards (22 x 28 cm.), 30 transparent overlays (7 x 28 cm.), 1 red marker, 1 black marker, 3 transparencies (22 x 28 cm.), 7 master copies of lunches, 4 sets of digestion concentration playing cards, recipes, and menus.

Language: English

Descriptors: Instructional materials; Classroom materials; Lesson plans; Integrated curriculum; Grade 3; Grade 4; Grade 5; Nutrient density; Nutritional labeling; Meal planning; Digestion
Abstract: An integrated 3rd, 4th, and 5th grade nutrition education curriculum is based on the concept of nutrient density, or the Index of Nutritional Quality (INQ). Thirty lesson plans can be used throughout the school year; each plan includes a concept, behavioral objectives, learning activities, and suggestions for the use of time and materials, methods of presentation, and review. Nutrition information is presented on 129 food profile cards, enabling students to evaluate food combinations as a ratio of nutrient to energy content. Students are taught to understand the basic aspects of nutrition and digestion, to identify energy equivalency of snacks, to interpret food labeling information, to recognize the need for dietary diversity, and to plan nutritionally sound meals. Instructions for planning and preparing an ethnic dinner provide opportunity for practical application of the curriculum concepts. (cj)

54 NAL Call No: TX364.N876 Unit 2 F&N AV
Nutrient density, nutrition education Utah State University, Dept. of Nutrition and Food Sciences.
Logan Utah State University; 1975.
1 kit (23 x 29 x 12 cm.). Includes teacher's manual, student's skillbook, 129 food profile cards (22 x 28 cm.), 30 transparent overlays (7 x 28 cm.), 1 red marker, 1 black marker, 16 nutrient poster sheets (22 x 28 cm.), 1 book (Bread and jam for Frances), transparencies of white bread and jelly food profile cards, transparency of digestive system, 50 wooden sticks, 8 metric measuring utensils, and 3 dice.

Language: English

Descriptors: Instructional materials; Classroom materials; Lesson plans; Integrated curriculum; Grade 2; Grade 3; Nutrient functions; Nutritional labeling; Digestion; Foods instruction
Abstract: An integrated curriculum for use by 2nd and 3rd grade teachers is designed to help students acquire the knowledge necessary to make wise food choices. Thirty lesson plans can be adapted to the school year; each plan focuses on one concept, and provides behaviora l objectives, learning activities, and outlines for integration, time, materials, presentation, and review. Nutrient density, or the Index of Nutritional Quality (INQ), forms the basis for food choice, thus allowing unusual food combinations and individual preferences in meeting nutrient requirements. Nutrition information is presented on food profile cards, enabling students to evaluate food combinations as a ratio of nutrient to energy content. Students are taught to identify food sources and functions of 8

nutrients, to use metric measurements, to read nutrition labeling for protein content, and to understand food changes during the digestive process. Instructions for planning and preparing a meal provide the opportunity to practice the concepts presented. (cj)

55 NAL Call No: TX364.N876 Unit 1 F&N AV
Nutrient density, nutrition education Utah State University, Dept. of Nutrition and Food Sciences.
Logan Utah State University; 1975.
1 kit (23 x 29 x 12 cm.). Includes teacher's manual, student's skillbook, 129 food profile cards (22 x 28 cm.), 4 nutrient function posters (43 x 28 cm.), 5 dice, play money (50 - 1 cents, 50 - 5 cents), and 1 metric measure.

Language: English

Descriptors: Instructional materials; Classroom materials; Lesson plans; Integrated curriculum; Kindergarten; Grade 1; Basic Four; Foods instruction; Nutrient density; Nutrient functions
Abstract: An integrated curriculum for use by kindergarten and 1st grade teachers is designed to help children acquire the knowledge necessary to make wise food choices. Approximately 30 detailed lesson plans can be adapted to varying time lengths; each plan centers around the concept to be learned, and includes behavioral objectives, integration suggestions, required time and materials, lesson presentation, learning activity, and review. Nutrient density, or the Index of Nutritional Quality (INQ), forms the basis for food choice, thus allowing unusual food combinations and individual preferences in meeting nutrient requirements. Nutrition information on 129 food profile cards enables students to evaluate food combinations as a ratio of nutrient to energy content. Students are taught to identify plant and animal foods and food products, to recognize 4 basic components of foods and their sources, to classify most foods in the Basic Four, and to relate each of the 4 nutrients to its body function. Learning activities include tasting, smelling, and feeling sessions, making a mobile, and observing growth of a classroom pet. (cj)

56 NAL Call No: Graphic no.57 F&N
Nutrient stars--minerals.
United States? : Red Sun Press, [198-?]; 1980-1987.
1 poster : col. ; 51 x 34 cm.

Language: English

Descriptors: Minerals in nutrition; Minerals in human nutrition; Food--Mineral content; Nutrition--Requirements; Nutrition--Study and teaching (Elementary); teaching materials; nutrition education; minerals; calcium; iron; fluoride; zinc; elementary education; intermediate grades; fluoride; posters
Abstract: This bright yellow poster is designed for children in the fourth grade and up. It lists four specific minerals: calcium; iron; fluoride; and zinc; as well as good food sources and the functions of each mineral. The poster may be displayed in a school cafeteria or can be used during a health education curriculum.

57 NAL Call No: Graphic no.51 F&N
Nutrient stars--vitamins.
United States? : Red Sun Press, [198-?]; 1980-1987.
1 poster : col. ; 51 x 33 cm.

Language: English

Descriptors: Vitamins; Vitamins in human nutrition; Food--Vitamin content; Nutrition--Requirements; Nutrition--Study and teaching (Elementary); teach ing materials; intermediate grades; vitamins; nutrition education; food sources; nutrition physiology; posters
Abstract: This bright red poster designed for children in fourth grade and up lists the different vitamins, rich food sources, and what each vitamin does for the body. The vitamins listed are vitamin A, and B group (thiamin, riboflavin, and niacin), vitamin C, vitamin D, and vitamin K. The poster can be displayed in a school cafeteria or be used during a health education curriculum.

58 NAL Call No: TX552.N86 F&N AV
Nutrients the movie.
Koppelman, Howard; Ramey, Jonna
California, Dept. of Education, Media Services Unit.
Sacramento, Calif. California State Dept. of Education, Media Service Unit (1982?); 1982.
1 film reel (15 min., 30 sec.) : sd., col. ; 16 mm.
NET funded.

Language: English

Descriptors: Instructional media; Grade 4; Grade 5; Grade 6; Secondary grades; Nutrition education; Nutrient functions; Nutrient sources; Nutrient requirements; Carbohydrates; Proteins; Lipids; Vitamins; Minerals; Water
Abstract: An entertaining film introduces and describes each of the 6 nutrient groups, their functions and sources. A variety of backdrops and char-

acters are used to maintain interest. The importance of water is explained by Sea World trainers; Dracula expounds on the benefits of minerals, with emphasis on iron for healthy blood; and a female weight lifter describes the need for protein and her methods for combining vegetable proteins to make complete proteins. All scenes feature healthy young people engaged in active work or play, and reinforce the need for a variety of foods in the diet for optimal nutrition. (js)

59 **NAL Call No: TX364.N77 F&N AV**
Nutriphonics.
Experience Education.
Red Oak, Iowa Experience Education; 1981.
2 boxes ; 38 x 66 x 16 cm. NET funded. Includes Nutriguide, 14 "Show me" books, 14 "Talk with me" books with microrecords, 14 portfolios of handout masters, 14 posters, 14 sound cassettes, 7 puppets and 1 microphonograph player with instruction folder.

Language: English

Descriptors: Instructional materials; Preschool education; Nutrition education; Learning activities; Breakfast; Snacks; Food groups; Food sources; Advertising; Dental health; Food habits; Puppets
Abstract: A nutrition education system for preschool (pre-reading) children conveys positive nutrition concepts through cartoon storybooks and direct experience activities observing, comparing, tasting, cooking and eating a variety of foods. Fourteen basic nutrition concept topics are taught with colorful "Talk with Me" books containing sound components (story and sound effects) children activate with a hand-held microphonograph. Stories also may be "read" to groups of children using cassettes included. "Take-Me-Home" sheets and "Work-With-Me" books accompany the stories and provide nutrition information, recipes and learning activities which reinforce nutrition concepts. Felt hand puppets representing the major characters in the "Talk With Me" stories, may be used as teaching aids and in role playing. The teacher's guide lists concepts and questions applicable to each topic; details ideas for nutrition-related supplementary activities; provides recipes identified for use with various teaching units; and offers nutrition information, staff training materials, and a resource guide. (js)

60
Nutrition and body systems in the Elementary School.
Garton, Sue
Urbana, University of Illinois at Urbana-Champaign; Jan/Feb 1977.
Illinois teacher of home economics v. 20 (3): p. 126-130; Jan/Feb 1977.

Language: English

Descriptors: Nutrition education; Elementary school curriculum; Educational programs; Body systems; Junior high school students; School children (6-11 years); Vitamin A; Nutrition concepts
Abstract: A nutrition curriculum plan developed for elementary and junior high students is detailed. The organizing framework for this program is the body systems (skeletal, digestive, endocrine, etc.). At each grade level, the various content areas are considered in relation to a particular body system. A chart shows the main emphasis for each grade. An example of the fourth grade curriculum is included, together with a comparison of how vitamin A is integrated into the plan at three different grade levels.

61 **NAL Call No: LB1587.N8T4**
Nutrition and the preschool child a workshop for teachers.
Nutrition Education and Training Program (Tex.),Texas, Dept. of Human Resources
Austin, TX : The Department; 1985.
iiii, 37, [13] p. : ill. ; 28 cm. Cover title. Sponsored by the Nutrition Education and Training (NET) Program of the Texas Department of Human Resources. Accompanied by a guide to conducting the workshop (25 p.), an evaluation form, a Guide to good eating chart, a design of a shield on paper and a yellow name card in a folder. Includes bibliography.

Language: English

Descriptors: Nutrition--Study and teaching (Elementary); child nutrition; nutrition education; teacher training; teaching methods
Abstract: These materials (a participants manual and a guide to conducting the workshop) provide information on conducting a workshop for teachers entitled "Nutrition and the preschool child." This workshop intends to assist teachers in preparing and conducting appropriate nutrition education activities for the preschool child based upon the child's nutrition needs, habits, behaviors, and preferences. Recognition of common nutrition related health problems of the preschool child and utilization of classroom cooking activities to promote muscle development, sensory discrimina-

tion, and counting and number experiences for the preschool child we discussed. A description of the Nutrition Education and Training Program Lending Library and 10 page bibliography of available resources are provided.

62 NAL Call No: TX364.N777 F&N E-4009
Nutrition and you in a month or two : an activities book for grades K-4.
Plains School (South Hadley, Mass.).
Northampton, Mass Hampshire Educational Cooperative (1981?); 1981.
48 leaves : ill. (some col.) ; 22 x 28 cm. (Inservice series no. 3). NET funded. Bibliography: leaves 43-47.

Language: English

Descriptors: Instructional materials; Primary grades; Grade 4; Nutrition education; Integrated curriculum; Teacher developed materials; Learning activities; Breakfast; Snacks; Dental health
Abstract: School staff members organized and developed existing materials and resources into month long nutrition education units for grades K-4. Activities were designed in accordance with the US Dietary Guidelines and stress 4 themes: importance of a good breakfast, healthy snacks and snacking, dental health through good nutrition, and the school lunch program. Kindergarten activities center on food tasting experiences and include rhymes, stories, procedures for activities and related curriculum-based activities. Grade 1-3 activities in tegrate nutrition studies into basic curricula and grade 4 lesson plans and student activities are planned around the Mulligan Stew program of films. Additional resources are listed for each grade level. (js)

63 NAL Call No: TX364.N859b F&N AV
Nutrition comes alive, level 1 Susan Kay Nelson.
Nelson, Susan Kay. ULet's go exploring
Ithaca, N.Y. Cornell University; 1980.
1 kit (26 x 31 x 12 cm.). NET funded. Includes 1 poster (114 x 106 cm.), flannel-board pieces, teacher's guide, songs, games, puzzles and other activities.

Descriptors: Nutrition education; Curriculum guides; Teaching guides; Grade 1; Plant sources of foods; Animal sources of foods; Protein; Calcium; Nutrient requirements; Learning activities; Instructional media
Abstract: First graders are encouraged to learn where foods originate, how animals and plants grow, and how the body turns food into nutrients needed for growth in a curriculum package for nutrition education. Learning activities use a hand puppet, mobile, floor game, explorers' hats, flannel-board pieces, songs and other experiences which permit exciting food explorations. Pupils are introduced to 2 important nutrients; protein and calcium. Children taste foods from the juice, seeds, stems, roots, leaves and fruits of plants. A complementary teacher's guide explains how to implement and integrate activities, and includes information and activity sheets, game instructions, and ditto masters for in-classroom use.

64 NAL Call No: TX364.N859c F&N AV
Nutrition comes alive, level 2 Martha C. Mapes.
Mapes, Martha C. UBe a choosy chewer
Ithaca, N.Y. Cornell University; 1980.
1 kit (26 x 31 x 12 cm.). NET funded. Includes 2 puppets, 1 sound recording (tape cassette, 13, 11 min.), 1 magic cupboard, activity project cards, teacher's guide and other activities.

Descriptors: Nutrition education; Grade 2; Curriculum guides; Teaching guides; Snacks; Snack foods; Learning activities; Nutrition concepts; Nutrition information; Instructional media; Food selection
Abstract: Second graders learn which snacks promote good health with the help of 2 hand puppets, a magic cupboard, stories, songs, a classroom activity organizer for the wall, and 24 food and fitness activity cards in a curriculum package for nutrition education. Learning projects which encourage children to be choosy in their snack selections integrate nutrition concepts with other school subjects. Topics include "Think What You Drink," "Snacks Make a Difference," "Eat Fruit Every Day," and "Salads Are So Good." Youngsters should eat fruits with natural sweetness rather than sugary foods, or other nutritious snacks which provide energy as well as fun. A teacher's guide idea packet contains instructions, recipes, and master copies for student worksheets, snack records and fitness charts for each student.

65 NAL Call No: TX364.N859d F&N AV
Nutrition comes alive, level 3 Susan Kay Nelson.
Nelson, Susan Kay. UThe Food peddlers
Ithaca, N.Y. Cornell University; 1980.
1 kit (26 x 31 x 12 cm.). NET funded. Includes 5 color posters (56 x 43 cm.), 1 sound recording (tape cassette, 4 min.), 5 math recipe cards, teacher's guide and other activities.

Descriptors: Nutrition education; Grade 3; Curric-

ulum guides; Teaching guides; Food selection; Food advertising; Recipes; Nutrient quality; Learning activities; Instructional media
Abstract: Third graders learn to become informed consumers with a curriculum package which examines media information on their food choices. Advertising and selling intent are explored in classroom activities including discussion of 5 fictitious ads and their accompanying color posters. Five write-on, wipe-off cards integrate food preparation concepts with metric mathematics in recipes for pea soup, corn bread, raisin nut muffins, spinach salad, and pineapple smoothie. Learning activities encourage children to critically analyze the nutritional qualities of advertised products, and to use nutrition knowledge to exercise power of choice in making food selections. A teacher's guide contains ditto masters on such topics as "Let's Sell Juice," "Does the Ad Grab You?," "Which Brand Would You Buy," and "Let's L ook at the Label."

66 NAL Call No: TX364.N859e F&N AV
Nutrition comes alive, Level 4 Martha L. Plass.
Plass, Martha L. UOn the move
Ithaca, N.Y. Cornell University; 1980.
1 kit (26 x 31 x 12 cm.). NET funded. Includes 1 workbook, activity exercise, teacher's guide, checklist and other activities.

Descriptors: Nutrition education; Curriculum guides; Energy balance; Energy expenditure; Food energy; Exercise (Physiology); Learning activities; Teaching guides; Grade 4; Instructional media
Abstract: Fourth graders discover that food has energy value and that weight depends on a balance between energy input and outgo, in a curriculum package which includes an energy workbook. Pupils also learn that exercise uses up energy, and therefore that lifestyles affect energy balance. Today's foods and activities are compared with traditional foods and activities of the past; learning projects emphasize how technology has changed human energy expenditure since colonial days. A self-teaching exercise, "Egg Carton Nutrition," matches snacks and activities with energy ratings to provide students with a fun way to learn about energy balance. A teacher's guide outlines objectives and lists references and resources. Activity sheets present concepts which promote other subject areas in the fourth grade curriculum.

67 NAL Call No: TX364.N859f F&N AV
Nutrition comes alive, Level 5 Martha L. Plass.
Plass, Martha L. UThe Nutrient connection
Ithaca, N.Y. Cornell University; 1980.
1 kit (26 x 31 x 12 cm.). NET funded. Includes experiment cards, dialysis tubing, international gazette, teacher's guide and other activities.

Descriptors: Nutrition education; Grade 5; Nutrient requirements; Curriculum guides; Food habits; Instructional media; International foods; Nutrient sources; Food composition tables; Learning activities
Abstract: Fifth graders examine the physiological needs of the human body for the nutrients in foods, in a curriculum package for nutrition education. Cultural, social and psychological influences determine the individual's eating habits, and may lead to overnutrition or undernutrition. Three main sections include: Science Activity Cards; Math Nutrition Problems; and International Nutrient Connections. Students are encouraged to select foods which contain many nutrients. Supplements include a key nutrients chart, a food composition table and nutrient requirement charts. Learning activities and recipes help students to identify and discover ethnic foods from other cultures. Dialysis tubing for use in experiments relating nutrient transport across cell membranes is included.

68 NAL Call No: LB3475.M34 F&N E-3265
Nutrition education, a cooperative effort.
Massachusetts Dept. of Education.
Boston Massachusetts Dept. of Education; 1976.
(98) p. : ill. Includes bibliographies.

Language: English

Descriptors: Nutrition education; Bilingual education; Parent participation; Community involvement; Advertising; Teaching guides; Curriculum guides; Elementary school students; Workshops
Abstract: A cooperative effort to introduce nutrition education to bilingual children was developed in Lowell, Massachusetts, and the results are compiled in a leader's and a teacher's guide. The ins and outs of conducting a community resources assessment, and the various seminar meetings to coordinate the program are presented. The 8-hour teacher workshop is outlined and parent cooperation is urged. Mass media should be used to advertise the project. The information-gathering forms used during the planning stages, samples of advertisemen ts, nutrition information fact sheets and an annoted bibliography are included. Various topics, from basic good health practices to suggestions on how to include nutrition ideas in math lessons, are suggested for teachers of kindergarteners to sixth graders.

69 NAL Call No: TX364.C472 F&N E-3926/7
Nutrition education, choose well, be well.
California, State Dept. of Education.
Sacramento, Calif. California State Dept. of Education; 1982.
2 v. : ill. ; 28 cm. NET funded. Accompanies motion picture Choose well, be well.

Language: English

Descriptors: Instructional materials; Teacher education; Nutrition education; Resource materials; Food habits; Consumer education; Food handling
Abstract: Resource manuals for teachers and food service personnel provide background information on lesson subject matter from the curriculum series of the same title. Divided into six chapters, each manual provides concise content information for the five topic areas identified in the Minimum Proficiency Levels for Nutrition Education in California Schools: Food Choices, Factors Influencing Food Choices, Food-Related Careers, Consumer Competencies, and Food Handling. Specific questions are asked after presentation of each content area to assess retention of key facts. (js)

70 NAL Call No: TX341.J6
Nutrition education game for grades 3-5.
Bergin, Kelly A.; Browning, Cathleen A.; Schemmel, Rachel A.
Oakland, Calif. : Society for Nutrition Education; 1984 Sep.
Journal of nutrition education v. 16 (3): p. 136A. ill; 1984 Sep.

Language: English

Descriptors: nutrition education; primary education; school children; games; teaching methods; food groups
Abstract: A nutrition education game ("Nutri-Twister") for grades 3-5 teaches students to recognize the Basic Four Food Groups and to identify some foods within each Group. The game can be used at home or in school, and features a game board having pictures of assorted colorful food items from each food group, and a spinner. Rules for the game are described, and the game is illustrated. (wz)

71 NAL Call No: TX364.N796 F&N E-3946
Nutrition education teaching guide for middle school science teachers, or the Absolutely last word in nutrition education handbook.
St. Mary's County (Md.), Public Schools.
Leonardtown, Md. St. Mary's County Public Schools; 1982.
121 p. in various pagings : ill. ; 28 cm. NET funded.

Language: English

Descriptors: Instructional materials; Grade 6; Grade 7; Teaching guides; Nutrition education; Science curriculum; Class activities; Classroom games
Abstract: Developed by teachers, food service personnel and the NET facilitator, the teaching guide outlines activities designed to meet Project Basic and health education nutrition objectives for 6th and 7th grade science. The first of 6 sections contains suggested activities (films, worksheets, games, projects) fulfilling each of the 8 objectives listed. The remaining sections are supplemental appendices providing background information, annotated lists of resources and student handouts, worksheets and lessons to be used in conjunction with activities in the guide. (js)

72 NAL Call No: TX355.N8323 F&N AV
Nutrition for young people, vitamins and minerals.
Guidance Associates.
New York Guidance Associates; 1978.
1 filmstrip (93 fr.) : col. ; 35 mm. + 1 sound cassette (18 min.) + 1 sound disc (18 min. : 33 1/3 rpm, mono. ; 12 in.) + 1 teacher's guide. Sound accompaniment compatible with manual and automatic operation.

Language: English

Descriptors: Instructional media; Grade 5; Grade 6; Grade 7; Grade 8; Nutrition education; Nutrient intake; Vitamins; Minerals; Dietary factors
Abstract: An audiovisual program is presentd for 5th-8th grade school children providing a description of 8 vitamins and minerals, and their role in promoting good nutrition and health. The material describes how vitamins and minerals are used in the body, and the best food sources for each. The importance of a varied diet is emphasized, and moderation is recommended in the use of vitamin and mineral supplements. This program should assist school children in identifying foods that are rich in essential vitamins and minerals, and in realizing that vitamin and mineral supplements are not a substitute for a balanced diet. (wz)

73 NAL Call No: TX355.N8325 F&N AV
Nutrition for young people, what is food.
Guidance Associates.

New York Guidance Associates; 1976.
1 filmstrip (74 fr.) : col. ; 35 mm. + 1 sound cassette (11 min.) + 1 sound disc (11 min. : 33 1/3 rpm, mono. ; 12 in.) + 1 teacher's guide. Sound accompaniment compatible with manual and automatic operation.

Language: English

Descriptors: Instructional media; Grade 5; Grade 6; Grade 7; Grade 8; Nutrition education; Nutrition concepts; Food sources; Food composition; Dietary factors
Abstract: An audiovisual program is presented for 5th-8th grade children to provide a basic understanding of the interdependence of all life forms, showing the relationship between the food people eat and the forms of life from which it comes. The program illustrates how people, animals, and plants are made up of the same basic chemicals (known as the essential nutrients): water, proteins, fats, carbohydr ates, vitamins, and minerals. The concepts of photosynthesis, food chains, and food webs also are explained. (wz)

74
Nutrition learning centers.
Schmidt, Linda
Urbana, University of Illinois at Urbana-Champaign; Jan/Feb 1977.
Illinois teacher of home economics v. 20 (3): p. 122-125; Jan/Feb 1977.

Language: English

Descriptors: Nutrition education; Nutrition concepts; Instructional aids; Education al games; Vitamin A; Vitamin C; Calcium; Iron; School children (6-11 Years)
Abstract: Four centers designed to teach second, third, and fourth graders nutrition information relating to calcium, iron, Vitamin A, and Vitamin C are pictured and described. A variety of self-teaching and self-checking activities are used to explore why and how the body uses the nutrient and which foods contain the nutrient. The Bone Game and an iron puzzle are included, as well as a list of principles taught by the nutrition learning centers. Other centers are planned for protein, other nutrients, breakfasts, and snacks.

75 NAL Call No: TX364.H624 F&N E-3620
Nutrition super stars : final report.
Houtkooper, Linda
University of Arizona, Dept. of Nutrition and Food Sciences, Innovative Nutrition Education Demonstration Project.
Tucson University of Arizona; 1980.
1 v. (various pagings) : ill. At head of title: Innovative Nutrition Education Demonstration Project. NET funded. Includes executive summary (11 p.). Includes bibliographies.

Descriptors: Reference materials; Curriculum development; Curriculum evaluation; Integrated curriculum; Nutrition education; Physical fitness; Bilingual education; Teaching methods; Team approach; Elementary school curriculum; Grade 5; Grade 6
Abstract: A team teaching concept was used to develop, test, and evaluate an action-oriented integrated curriculum kit for nutrition and physical fitness education for 5th and 6th grades; the team was composed of the classroom teacher, the school nurse, the food service staff, and a nutrition consultant. The theme of the project, "Nutrition Super Stars," was chosen to exemplify the individual's potential for achieving optimal health through nutritious diets and exercise. Three learning strategies (cross age, media, and traditional) were applied to 700 students in 4 population groups in Arizona: border, transient, rural, and urban; each was evaluated by means of pre- and post-tests. Each of the 3 educational units was composed of 5 lessons to be covered in 20 class plans concerning body composition, food utilization, the determinants of health status, eating and exercising for health, and attaining good health. Program evaluation revealed a significant improvement in nutrition and fitness knowledge, in attitudes, and in school lunch participation.

76 NAL Call No: TX355.O7 F&N AV
Orange bird's "get to know good nutrition show.
Walt Disney Educational Media Company.
Burbank, Calif. Walt Disney Educational Media 1981-1983; 1981.
5 filmstrips, 6 sound cassettes, 5 posters, 9 spirit masters, 1 comic book (36 copies), and 1 teacher's guide. Sound accompaniment compatible for manual and automatic use. Intended audience: Grades 4-6.

Language: English

Descriptors: Instructional media; Grade 4; Grade 5; Grade 6; Basic nutrition facts; Nutrition education; Health education; Exercise (Physiology)
Abstract: A multi-media kit that shows the relationship between good nutrition and physical and mental health. Using animated cartoon characters and ballads it helps students to understand the need

for a variety of foods, the relative values of foods, the importance of eating breakfast and the selection of foods high in nutritive values. It introduces the concept of 6 important nutrients, the digestive system, the relationship between calories and activity, the importance of exercise, and food labeling. The series is non-sequential. A teacher's guide provides a key to new vocabulary, story content, objectives, suggested previewing discussion topics and supplementary activities. One tape provides music and directions for exercises that can be performed sitting at a desk and in a standing position. A take-home comic book and posters reinforce the messages of the films and tapes. Spirit masters provide the words of the songs, puzzles and other activities for each of the units. (emc)

77 NAL Call No: HV854.F322
F&N AV no. 2 pt. 1
Planning your menu.
United States, Food and Nutrition Service, Southeast Regional Office.
Atlanta, Ga. U.S. Dept. of Agriculture, Food and Nutrition Servi ce, Southeast Regional Office; 1980.
4 transparencies : col. ; 28 x 30 cm. + instructional materials (10 leaves : ill. ; 28-36 cm.) and 3 booklets in envelope 31 x 41 cm. (Child care food program training series no. 2 pt. 1). NET funded. Designed to accompany the child care food program educational film series. Includes Menu planning guide for school food service (USDA, FNS program aid no. 1260.), A planning guide for food service in child care centers (USDA, FNS FNS-64) and rev. appendix III to the Menu planning guide for school food service, Moderating fat, sugar, and salt in school lunches and breakfasts.

Language: English

Descriptors: Instructional materials; Child care workers; Child nutrition programs; Nutrition education; Menu planning; Food preparation, quantity

Abstract: A half-hour presentation to accompany the film, "Planning Your Menu" provides a lesson plan, transparencies and supplemental resources to aid day care home providers, food managers, cooks, cente r directors, and teachers learn basic menu planning principles. Using the USDA's "Planning Guide for Food Service in Child Care Centers" and "Menu Planning Guide for School Food Service," participants review required meal pattern components and portion sizes, plan and evaluate one day's menu and prepare a food production plan. (js)

78 NAL Call No: TX361.C5P72
Preschool nutrition resource packet.
Campbell-Lindzey, Star
University Park, PA : Nutrition Education Center, Benedict House, Pennsylvania State University; 1985.
1 portfolio : ill. ; 24 x 30 cm. Title from portfolio cover. Title from cover sheet: Preschool nutrition: resource packet for educators. August 1985. Includes bibliographical references.

Language: English

Descriptors: Children--Nutrition--Study and teaching; Children--Nutrition; teaching materials; preschool education; nutrition education; sugar; artificial sweetners; behavior; eating patterns; recipes
Abstract: Designed for teachers and other educators who deal with preschool nutrition, this pocket contains a variety of approaches for teaching nutrition concepts to the young child, as well as background information on relevant issues. Sugar/behavior relationships, artificial sweetners, eating problems, nutritious snack foods, fruits, and vegetables are some subjects presented in creative formats for both information and teaching purposes. Play scripts, recipes, party/g ame ideas, and on extensive bibliography are included.

79 NAL Call No: TX364.P785 F&N E-3983
Product evaluation of the great American eating machine, you.
Educational Improvement Center, Northwest (Morris Plains, N.J.),New Jersey, Dept. of Education, Division of School Programs.
Trenton, N.J. New Jersey Dept of Education, Division of School Programs; 1981.
43, (22) leaves : ill. ; 28 cm. Cover title: The great American eating machine, you: product evaluation. NET funded.

Language: English

Descriptors: Instructional materials; Professional education; Nutrition education; Program evaluation
Abstract: The evaluation of the videotape-based nutrition program of the same title reports teacher satisfaction with the student films and teachers guide, student satisfaction with the program and measurement of the extent to which students increased their knowledge of nutrition using the film

series. Teachers and nurses, randomly selected, completed mailed questionnaires. Second grade students selected from Black, White and Hispanic groups representing urban, suburban and rural environments completed 3 question attitude surveys and pre- and posttests of nutrition knowledge. Copies of all survey instruments are included in the appendices. Results of all evaluations were positive with student's nutritional knowledge increasing by 50%. (js)

80 NAL Call No: TX364.R36 F&N AV
Raisin' up Norfolk Public Schools.
Norfolk, Va. : Norfolk Public Schools; 1981.
10 videocassettes (150 min.) : sd., col. ; 3/4 in. + 3 television curriculum guides.

Language: English

Descriptors: audiovisual aids; primary education; nutrition education; teaching materials; curriculum; teaching materials; coloring books
Abstract: Color TV programs and supporting print materials encourage wholesome attitudes toward food consumption for grades K-1 and acti vities 15 min. programs for K-1 use dance, drama, puppetry, mime and music to portray the basic four food groups and their contribution to good health and growth. The first film reinforces the importance of eating a variety of foods; films 2 through 5 each concentrate on a specific food group. The accompanying curriculum guide provides a short summary of each broadcast, pre- and post-broadcast activities, activity pages and story/coloring books. Three 15-minute programs for second and third grade students teach the importance of the six essential nutrients and the need for and selection of balanced meals and snacks. Activitie s provided are integrated into reading, math and communications curriculums. Appendices for each set of programs provide basic nutrition facts and sources of nutrition education materials and teaching aids. (js)

81 NAL Call No: TX364.R43
Reading, writing & smoked salmon workbook for the Alaskan nutrition curriculum guide ; level 1, grade 1-3.
Southeast Regional Resource Center (Alaska)
Juneau, Alaska : Southeast Regional Resource Center, [1981?]; 1981.
16 leaves : ill. ; 28 cm. NET funded.

Language: English

Descriptors: alaska; School children--Nutrition--Study and teaching; Food habits; Reducing; reference works; workbooks; elementary students; nutrition education; learning activities
Abstract: Learning activities to accompany the Alaskan Nutrition Education and Training Program Curriculum Guide for Grades 1-3 are presented in this workbook. Since activities were designed for different grade levels, teachers are encouraged to select those appropriate for their own students and to use them as individual exercises. Types of activities include coloring exercises, a word find, a crossword puzzle, food drawing activities, food group identification exercises, and a month-by-month height and weight connect-the-dot chart.

82 NAL Call No: LB3475.S325 F&N E-3947
School lunch : classroom activities for nutrition education.
Calvert County (Md.). Public Schools.
Prince Frederick, Md. Calvert County Public Schools (1980 ?); 1980.
44 leaves ; 28 cm. Cover title. NET funded.

Language: English

Descriptors: Instructional materials; Multilevel education; Nutrition education; Lesson plans; Integrated curriculum; Class activities
Abstract: Lesson plan units are provided for general nutrition education activities in grades K-3 and 4-5 and specifically integrated into English, Math, Art or Science curricula for grades 6-12. Each unit lists the overall general objective, concepts, and behavioral objectives with specific activities designed to fulfill them and describes materials and resources needed. Pre- and posttest questions are provided for most lesson plan units. Additional integrated curriculum activity suggestions are offered for grade levels 1-6. The appendices contain background and supporting materials: Type A food buying guide, basic nutrition information, 1974 RDA's and a Basic Four chart. (js)

83 NAL Call No: TX361.C5S5
Show-me healthy habits a nutrition education curriculum for preschoolers.
Overmiller, Karen
Jefferson City, Mo.? : Nutrition, Education and Training Program, Missouri Dept. of Social Services, Division of Health?, 1986?; 1986.
1 v. : ill. ; 28 cm. + 1 stamp. Cover title. Title on p. [5]: Show-me healthy habits nutrition education curriculum for preschoolers. Designed by ABCD and Northwest Missouri Extension Areas with local University Extension Councils cooperating.".

Includes bibliographical references.

Language: English

Descriptors: Children--Nutrition--Study and teaching; Infants--Nutrition; Nutrition--Study and teaching (Primary); teaching materials; curriculum guides; preschool education; nutrition education; nutrient sources; nutrition physiology; behavior modification
Abstract: Centered around three principles: nutrients are inside foods, nutrients perform specific bodily functions, and individual/family patterns can be strengthened through behavior modification, this curriculum was developed for preschoolers. Guided by the Healthy Habit Twins, the text covers several nutrition topics in individual mini lessons. Good health habits, nutrition for preschoolers, and some major vitamins/minerals are sections taught by Nutri-letters and through activity guide. How to conduct a health fair is presented in detail. All lessons are reinforced by an extensive resource guide to books and films. A knowledge/attitude survey to be taken by the child care provider is included.

84 NAL Call No: Graphic no.55 F&N
Snack choices.
United States? : s.n., 198-?; 1980-1987.
1 poster : col. ; 51 x 34 cm.

Language: English

Descriptors: Snack foods; teaching materials; intermediate grades; nutrition education; dietary guidelines; food preferences; snacks; posters
Abstract: This bright yellow poster for children in the fourth grade and up gives different categories of snack choices. Best bets includes fruits and vegetables, low-fat dairy products, some type of sandwiches, and a few miscellaneous items. Good choices are listed as other dairy products, certain types of crackers, cookies, and cakes, dried fruits, popcorn, and nuts and seeds. A final category lists foods which are okay to eat once in a while, such as lunch meats, chips, commercially prepared baked goods, soda pop, and candy.

85 NAL Call No: TX364.S67 F&N AV
The Snack smart fun show : lower level, grades 1-3 Mediamark.
New York Mediamark; 1980.
1 filmstrip (103 fr.) : col. ; 35 mm + 1 sound cassette (16 min.). Sound accompaniment compatible for manual and automatic operation. Includes teacher's guide, student activity sheets, poster games, parent-child snack pact, parent's guide, track-a-snack record books, rewards for students and parents, certificate of merit.

Descriptors: Nutrition education; Snacks; Snack foods; Learning activities; Food selection; Basic nutrition facts; Elementary grades; Instructional media
Abstract: Since snacks play such an important part in children's diets, an action-oriented school program has been developed to help youngsters learn which snacks promote good health. The program uses Spider-Man, a cartoon hero, in a game, poster and snacking diary to change children's snacking choices. Healthy and nutritious snacks which are good tasting and fun to eat include raw fruits and vegetables, juices, milk, yoghurt, peanut butter, cheese and crackers. Parents are encouraged to plan, shop and prepare snacks together with their children. Learning activities include "The Snack Smart Fun Show," "Lip Smacking Snack Time," "Snack Market Maze," and "The Alphabet Game for Smart Snackers."

86 NAL Call No: TX364.S68 F&N AV
The Snack smart fun show : upper level grades 4-6 Mediamark.
New York Mediamark; 1980.
1 filmstrip (103 fr.) : col. ; 35 mm + 1 sound cassette (16 min.). Sound accompaniment compatible for manual and automatic operation. Includes teacher's guides, Student's activity sheets, poster games, parent-child snack pack, parent's guide., track-a-snack record books, rewards for students and parents, certificate of merit.

Descriptors: Nutrition education; Snacks; Snack foods; Parent education; Learning activities; Food selection; Nutrition concepts; Elementary grades; Instructional media
Abstract: Since snacks may provide up to 1/3 of a child's daily calories, a school program which encourages elementary students to make healthy snack choices is presented. The program uses the comic strip character, Spider-Man, to promote 12 nutritious snacks including fruit and vegetables, juices, milk, yoghurt, peanut butter, cheese and crackers. Posters, games, and "track-a-snack" record books make children aware of their snacking habits. Parents are encouraged to prepare good snacks together with their children. Learning activities include "The Snack Smart Fun Show," "Get Ready, Get Set, Snack!, "Snacktor Factor," "Smart Snack Sleuthing," and "Variety - The Spice of Snacks." To illustrate the concept of smart snack-

ing, Spider-Man, upon being offered reward money for a heroic deed replies, "Frankly, I'd rather have an orange."

87

Teaching kids about food: Learning can be lively and fun. Franklin entertains, teaches, delights.
Shimkoski, Dennis
Washington, USDA, Food and Nutrition Service; Apr 1979.
Food & nutrition v. 9 (2): p. 6-8. ill; Apr 1979.

Language: English

Descriptors: Nutrition education; School children (6-11 years); Food habits; Puppets; Nutrition knowledge; Television; Community action; Educational methods; School community relations

Abstract: Bill Wood, a theater arts graduate, performs nutrition shows for children in kindergarten through third grade at 11 schools in central Maine as Franklin the Good Food Friend with six hand puppets and a dozen characters, including Roland the Tooth Fairy, Roger the Singing Carrot, and Wasteful Wild Willy. His position is sponsored jointly by the Franklin County Community Action Agency and the Public Service Division of the University of Maine at Farmington. Wood's fast-paced 30-minute programs consist of a puppet show followed by characterizations, magic show, skits and songs. A technical panel consisting of teachers in education, dietetics and theater art, a health education research designer, and a media specialist review the ma terial. The program, supported by a grant from the Community Services Administration, will soon be extended to 4th graders. Performances at state and regional conferences and videotaped public service announcements have increased his impact throughout New England.

88 NAL Call No: TX1.H63

Teaching nutrition with films.
Williams, Virginia H.; Aleong, John; Merrow, Susan B.; Morse, Ellen H.
Washington, American Home Economics Association; Mar 1980.
Home economics research journal v. 8 (4): p. 261-268. charts, forms; Mar 1980. 15 ref.

Descriptors: Nutrition education; Nutrition knowledge; Teaching methods; Audiovisual instruction; School children (6-11 years); Curriculum evaluation; Measurement techniques; Program effectiveness
Abstract: The receptivity to and retention of nutrition information in the "Mulligan Stew" film series and "How Does Your Garden Grow?" were assessed in grades 2-6 in 11 schools in Vermont by means of a pretest and posttest, with a followup test 6 months later. Data analysis revealed that nutrition knowledge of both sexes in all grades tested increased significantly, and was retained. The maximum learning effect was seen for grades 3-6. These films would be very appropriate for television showing as well as classroom use.

89 NAL Call No: aHV696.F6F6

Teaching the kids: From preschoolers to high schoolers.
Serrano, Tino
FNS
Washington, USDA, Food and Nutrition Service; Dec 1979.
Food & nutrition v. 9 (6): p. 16-17. ill; Dec 1979.

Language: English

Descriptors: California; Workshops; Community support; Nutrition education; Education; Adolescents (12-19 years); High schools; Home economics; Children; Child nutrition programs; In-service teacher education; Nutrition Education and Training Program
Abstract: Nova High School, Redding, California, has integrated nutrition education into all departments, from science and math to English and personal care. The program was started in 1976 with state funds. A school home economist was hired; within her first 2 years, a weight-loss program for students and after-school nutrition workshops for teachers were implemented. The Nutrition Education Training Program (NET) was created in 1978; Nova High School joined. The nutrition education program is showing solid results. Students are showing increased awareness of personal nutrition and enthusiasm for nutriti on lessons in core classes. Parent and teacher workshops are held regularly and local media and organizations are invited to participate. The Nova program will serve as one of California's model projects for the NET program.

90 NAL Call No: 321.8 W55

Teaching young about food's ways.
Harrison, M.K.
Philadelphia : The Journal; 1985 Sep.
What's new in home economics v. 19 (1): p. 7-10. ill; 1985 Sep.

Language: English

Descriptors: nutrition education; elementary education; child nutrition; school children; curriculum; student participation; food preferences; reviews
Abstract: Guidelines for nutrition education (NE) in an elementary school curriculum are presented, based on student and teacher involvement. This NE program (termed "Good Food Feelings") for grades 1-4 include flannel board discussions, demonstrations puppets, art projects, music, filmstrips, and equally important, tasting parties. The highlight of every lesson is preparing and tasting nutritious foods. Each classroom teacher accompanies his/her class to the NE lessons and assists the children during their tasting parties. Positive areas for the involvement of school administrators also are discussed, and a tabulation of research findings concerning how children's food tastes are developed is included. (WZ)

91 NAL Call No: TX341.N825
Using dance activities to teach nutrition.
Jeanne, Sandro; Kaufman, Jeanne
London, Forbes Publications; July/Aug 1981.
Nutrition and food science (71): p. 2-4. ill., chart; July/Aug 1981. 6 ref.

Language: English

Descriptors: Nutrition education; Teaching methods; Basic nutrition facts; School children (6-11 years); Dramatic play; Physical activities; Body systems; Vitamin B complex
Abstract: Dance activities were used to help children learn complex nutrition concepts. In addition to intellectual curiosity, fourth graders were motivated to learn because they enjoyed the lesson. Classroom lectures on major nutrients and digestive processes were presented by a nutrition educator. Through movement sessions the students learned to dance out a nutrition story; the sessions were directed by a movement educator. Learning objectives for each teaching method are provided. The story, key concepts, and movement score are outlined in a chart. Anecdotal records support conclusions that students' nutrition knowledge increased after the lessons. Suggestions to improve this educational dance include: scheduling additional time for difficult movements; allowing the instructor to dance; and selecting an appropriate room. This interdisciplinary approach to nutrition education focuses on the whole person. (rm)

92 NAL Call No: TX401.V43 F&N C-2454
Vegetable magic : a preschool and kindergarten nutrition education source book.
Palmer, Michele; Edmonds, Arline
Storrs, Conn. Connecticut Nutrition Education and Training Program; 1981.
40 p. : col. ill. ; 22 x 28 cm. NET funded. Includes index. Bibliography: p. 38.

Language: English

Descriptors: Instructional materials; Preschool education; Nutrition education; Vegetables; Learning activities
Abstract: A nutrition education source book for teachers and home day care providers provides 5 methods of exploring vegetables with preschool children. The Read-A-Story section contains discussion ideas and follow-up activities for 7 recommended story books; Grow-A-Plant provides instructions for growing vegetables; Take-A-Trip suggests places to visit that grow, prepare or sell vegetables; Play-A-Game offers simple educational games; and Eat-A-Treat contains easily prepared vegetable recipes. (js)

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